

WORKSHOP: THE BODY INSTRUMENT

How the Body is Essential for Voice Quality

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In this workshop we will present the principles of the Singer's ABC, and through practice-based exercises demonstrate the direct impact The Body Instrument has on breath support and the voice.

The body is as much the instrument as the larynx when it comes to singing.

When working with singers we use a progression that takes into consideration the three main principles for a healthy and sustainable voice: The Body Instrument, The Breath Support, and The Vocal Onset. We call this the singer's ABC, which reflects the progress and specific order between the three.

In building The Body Instrument we strive for the muscles to be strong and flexible so the lumbar and neck curve straighten and the thoracic curve deepens, so the thorax reaches its maximal width and depth. When the thorax is expanded the diaphragm flattens, and therefore The Body Instrument contains a built-in inhalation.

The Body Instrument and the breath support create the optimal working conditions for the vocal folds and this is where a possible insufficient adduction of the vocal folds is (sometimes) revealed. If this is the case, we work with detailed exercises to activate the adducting muscles (m. arytenoideus transversus & obliquus and m. cricoarytenoideus lateralis), so the vocal folds can vibrate freely along their full length. The tone produced here is even, sonorous, rich in overtones and not least personal following the individual physiognomy of the singer.

The workshop is practice based, so please wear comfortable clothes and bring a yoga mat.

Sophie Ziedoy is a Master in Music, Rhythmic Music Conservatory. She followed a 2-year course in Voice Embodiment and a 1-year course in Voice Rehabilitation

Nana Fagerberg is Master in Musicology, Cph. University. She followed a 2-year course in Voice Embodiment and a 1-year course in Voice Rehabilitation

Both are CCM singers and founders of SONA, where they teach singers, vocal pedagogy, voice rehabilitation, body instrument training, anatomy and physiology for singers and voice teachers.

Together they have 20 years of experience in teaching singing and voice technique at Copenhagen Music School, Rhythmic Music Conservatory, The Royal Academy of Music, Musicology at Copenhagen University etc.