

Cantiamo Choirs

**Sound Voices Workshop – The Language of Wholeness™**

Babette Lightner

Sunday, September 23<sup>rd</sup> 2018

1:30 to 4:30 PM

1:00 – Choral Connections • Trees and the Forest

2:00 – Freedom to Sing • Roots and Branches

3:00 – Break

3:20 – Transforming Fear from Threat to Challenge • Blossoms - Here I am, I am an Oak (or White Pine or Rose....)

The choral setting mirrors a forest. You are an individual artist with your current joys, fears, knowledge, artistry and you are part of a greater whole that combines the joys, fears, knowledge and artistry of the many to create the voice of the community.

**Choral connections or a Tree and the Forest** will explore this dance of individuality and interconnectedness. As a tree with my own roots how do I feel, contribute and relate to the forest? We'll playfully explore:

- My Connections or Spaces – between and around me.
- My Place or Shapes – fitting in when I want to.
- My Voice or Energy – created and shared.

Just like a tree finds its space, shape and energy in the context of the forest, you will find new ways to have relationship, find your place and have your voice in the context of your choir.

**Freedom to Sing** Where are my roots? How do my branches grow? What are my leaves for? In Freedom to Sing we will explore:

- How you are made to sing.
- What is useful to know about your instrument to make singing joyous, effortless, excellent and yours.
- We will look at how you are designed to stand, move, express and sing.

**Transforming Fear from Threat to Challenge** What let's me thrive? How can I have deep roots and wide branches and full blossoms? How do I claim my voice? Threat to Challenge will explore:

- Safety • Am I safe?
- What choices do I have or can I make?
- Do I have a compass to guide me?
- What's the difference between a threat and a challenge?

This is the territory of performance anxiety, judgement, and gaining tools to be your own tree, rooted and free to be you, even in a giant forest.