

La La La Human Voice
- A workshop in voice and meditation
for young people 4 - 6 April

Aaaaaah! Life starts with a cry. This 1st mark of existence expresses basic life force: I am fully here, listen to me, look at me, play with me!

Ever since humans had vocal cords singing has always been an expression of this basic vitality, of wanting to communicate, to be heard, seen and to be in touch. In this workshop we will playfully explore some of the endless possibilities of our voices, verbally and non-verbally, as individuals and as a group. We will be exploring various ways to warm up body & voice to create favorable conditions for improvisation with our body speech and mind. The art of improvisation will be one of our main topics. We will also explore the ancient tradition of circle songs. We will offer small sessions of sitting and walking meditation. The instructions on mindfulness and awareness are perfectly adaptable to any field of performance.

Dorothea Gädeke, based in Freiburg/Germany, has worked as a stage and film actress for 25 years, followed by a 3 year in-depth medical and musical study of human voice. Currently she is working as a voice coach for opera singers, actors and dancers, for young priests, for instrumentalists and very often for school teachers. She also works as voice therapist in the university clinic in Freiburg, and as radio speaker. She loves to sing, solo and with others. As a meditation practitioner in the Shambhala lineage she is experimenting continually combining the practice of meditation into the performing arts. What to bring: Comfortable clothing, warm socks, a tennis ball, inquisitiveness & humour.

Tid: fre 4 april kl. 19.00 – 21.00, Lör 5 april kl. 10.00 – 18.00, Sön 6 april kl. 10.00 – 18.00

Plats: St. Eriks Gymnasium, Polhemsg. 35 (Fridhemsplan tunnelbanan) Entré B8.

För vem: Kursen vänder sig till unga människor mellan 18 – 30 år.

Pris: 900 kr (500 kr för arbets sökande/studerande) Anmälan: www.shambhala.se

Ytterligare information: Ursula Ralston - ursula.ralston@gmail.com, 0736- 95 01 62

