

HUMAN VOICE

29 - 31 aug 2022

The Roy Hart method help people open up their voices in a very organic and playful way.

Starting with body and breath and then moving on to an accompanied exploration of all the possible colours and timbres of the voice at the piano and in the space. You don't have to be a singer to do this work. We all have a voice and every voice has its own unique beauty which needs to be heard and expressed to the full.

The Roy Hart approach to the voice and body allows us to reconnect with ourselves. Through bodywork, breathing exercises and the pleasure of movement, we find both a deep anchor into the present moment and regain a privileged access to our own inner landscape. The voice naturally participates in this movement.

To sing also means being present to the world, being seen and being heard. How do we sustain an authentic connection with the others, yet without deserting ourselves? In this workshop, you will combine musical precision and freedom of interpretation through new angles of play that will allow you to gain presence and confidence. In addition to the fundamentals of the Roy Hart approach

Saule Ryan met Roy Hart and the Roy Hart Theatre in London in 1970 while still a student of photography. He was so ‘bowled over’, not only by the power and range of their voices but also by what he perceived as a deep commitment to both their own personal development and to that of their colleagues, that he soon joined the company and started to receive voice lessons.
Saule Ryan trained with Roy Hart, Jennifer Allen, Derek Rossignol, Vivienne Young, Richard Armstrong and Margaret Pikes.

Ansök på https://dansalliansen.se/w/207

DANS ALLIANSEN

Ledare	**Saule Ryan**
Startdatum	2022-08-29
Slutdatum	2022-08-31
Tider	13.00-16.00 (mån-ons)
Antal dagar	3 dagar
Sista ansökningsdag	2022-08-21
Plats	Alias teatern
Adress	Hälsingegatan 3