



mojka

nega glasu in naravno petje

THROUGH VOICE NURTURING TO YOURSELF

*Voice Nurturing and
Natural Singing Workshop*

3rd – 6th May 2017

Daily Individual Work

Voice nurturing classes are attended by people of different professions, ages, ambitions, musical backgrounds, vocal abilities etc. What they all have in common is a desire to find a more relaxed feeling when expressing themselves with voice – whether while speaking or singing. There is often just a wish to sing ‘more beautifully’, and many are already aware of the tension, caused by stress and inhibition, which prevents their voice from flowing freely out of their throats. They know that in this way it is not possible to express themselves fully and grandly. Through various relaxation exercises and by seeking the feeling of ‘wide open doors of all chambers’, a feeling for natural singing without constraint or the interference of the mind, without the artificial shaping and distortion of our voice, people gradually become aware of how very much voice is connected to our emotions and thoughts, our hardships, our joy etc. All of this can give our voice a boost or can paralyse it. By nurturing their voice, people start to increasingly perceive what is happening inside them. The more they manage to relax their body and enable their voices to come out freely, the lighter and more balanced they will feel. The feeling of ‘I am singing’ turns into a joyful thought ‘I am being sung’. With our voice, we can ‘comb’, or ‘sweep’, or at least soften our energy blocks and tune into ourselves. This is exactly why learning natural singing can be therapeutic, because by training, or opening our own voice, we harmonise our entire being, spirit and body.

Natural singing classes are intended for anyone, regardless of their age, musical background, the level of their aptitude for singing, singing ambitions etc. The work consists of one-to-one sessions. It includes exercises in relaxation, breath, diction and melody etc., which all respect not only the 'golden rules' of natural speech and singing, but also the abilities and qualities of each individual.

A five-day workshop can be a condensed beginning or the upgrading of your regular (annual) work or simply a much welcome experience and encouragement for more attentive self-research.

Where: *Ljubljana, Rožna dolina c. XI/30*

When: *every day in the mornings and afternoons
(by agreement)*

Applications and information:

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Mojka Žagar graduated from the Pedagogical Academy in Ljubljana, Mathematics and Physics Department. During her studies, she also studied solo singing. For two decades, she worked as a singer and prompter at the Ljubljana Opera House. She has been teaching natural singing as a free-lance pedagogue since 1990. The basis of her pedagogic work consists of a knowledge of voice nurturing which Mojka received from her Professor Jelka Stergar during her studies and later in their further collaboration. Jelka Stergar was the first to



introduce to Slovenia the technique of the natural and relaxed (not artificial) voice. Besides her own research and self-experience, Mojka also includes in her work the findings of musical educators who research singing and instrument playing as part of a natural process (Professor Kurt Widmer, 'Stimme und Bewegung'; Professor Amy Likar, 'Body Mapping'). She enriches the above with the knowledge of spiritual-therapeutic work which she received during 20 years of attending the courses and workshops of the Veduna School (under the guidance of Dr Mira Omerzel - Mirit). For 27 years, she was a member of the Trutamora Slovenica/Vedun Ensemble, in which she also collaborated as a sound-energy therapist.

TESTIMONIALS

'Before I started attending Mojka's singing classes, it often happened that 'everything was singing' inside me, but my voice just refused to obey to make heard that which was singing inside me. Because I had forgotten about playfulness, simplicity, spontaneity, kindness towards myself and also – about opening my heart. During singing classes with Mojka, I intensively encountered my own limitations, as well as my givens; I had loving and kind support and the results did not fail. Now I am able to sing everywhere without embarrassment. Mojka's singing classes are a veritable nurturing – the nurturing of the entire being of the singer – voice miraculously develops by itself. I would afford this experience of voice nurturing, which is more than singing, to anyone who thinks that they don't know how, that they are unable to, that they don't dare to etc.' *Yanya*

'I want to give thanks for every single class of voice nurturing. For me, they are not just singing exercises. Through the techniques for preparation for singing, I have come to realise how unrelaxed I am. Thank you for this possibility, for your encouragement and patience – even though everyone said that I didn't have an ear for music. Yes, my own voice sometimes surprised me indeed (in a good sense). I walk a lot in the surrounding forest and the exercises for relaxation, breathing and singing always accompany me. Again, THANK YOU.' *Marta*

'Through songs, I have walked into a new life. Thank you, Mojka.' *Mino*

'I am one of those who applied for voice nurturing classes only with a wish to be able to sing at least a little something without distinctly being out of tune and to learn a song or two for children and for myself. I know that I am not a talented singer, but I still immensely enjoyed every class, discovering the mysteries of voice and singing. This enriched me internally and made me happy, as if I were a proper singer – whoopee, I will come again.' *Darja*

'And I will continue to practise what you showed me. Believe it or not, my growling is much easier with just these tools.' *Ema*

'By singing, many an everyday burden became unimportant, easier, almost non-disturbing... Most often, it was the song that took me home after the classes, and not my bicycle.' *Primož*

'Each subsequent class was a new challenge for me and my voice. I remember asking myself once: what if I lose my voice? But then I soon discovered that this is not really possible with the method (which I got to know in that week) and that my voice develops and strengthens naturally through the process.' *Eva*

'Singing is becoming tuning into myself. In it, fears disappear, my vision is keener.' *Jaka*

'The workshop surpassed my expectations. I discovered my 'inner voice', if I may call it that. I am now truly aware that our natural voice is most beautiful when we allow it to flow freely. It was the first time I heard myself singing so beautifully, loudly and openly. Others have confirmed that the resonance of my voice is now 'different, better, more beautiful.' *Nuša*

'Now, I observe that the 'lump' in my throat appears less frequently, and when it does appear, it dissolves more quickly and easily. I gained a lot of useful knowledge and Mojka's approach was playful and relaxed, which I liked very much.' *Ana*