

NATURAL VOICE WORKSHOP LEADERS TRAINING WEEK

Frankie Armstrong with Sarah Harman
Visiting Tutor Darien Pritchard
Frankie Armstrong and Darien Pritchard are Co-Founders of
the Natural Voice Practitioners' Network

27th May to 3rd June 2017
Abbey Sutton Courtenay, Abingdon, Oxfordshire

Frankie Armstrong and Sarah Harman will lead this training and will be joined by visiting tutor Darien Pritchard (see biographies below). Frankie and Darien ran this course for 26 years, and last year, Sarah joined them as co-leader for the first time.

This course offers a unique opportunity to attend an intensive, residential training week on the melodic natural voice. It is designed for people who already run voice workshops or singing groups, or who wish to, or those who want to incorporate voice into their existing work. Places are limited to 12 people.

In addition to individual and group time to help people focus on their needs in these areas, we also look at:

- working on and making the most of your own voice,
- the appropriate stepping stones to help others make the most of their voices,
- the process of working with groups,
- creating and setting up improvisations,
- structuring and pacing workshops,
- dealing with difficult situations/individuals,
- contexts in which this approach can be applied.
- sustaining long-term work with choirs,
- project development and marketing.

Participants will also be provided with a course handbook and an information pack on areas such as self-employment, finance, insurance, DBS checks etc. for singing and choir leaders.

As well as bodywork being an integral part of the training course, there are daily body/voice preparation sessions, focusing on aspects of body release and energising that relate directly to vocal expression.

In addition to this daily physical preparation Darien Pritchard will help us understand the anatomy around breathing and will use his expertise as a Feldenkrais teacher to maximise vocal release.

Please look at the **About** page of the **Natural Voice Practitioners' Network website** (www.naturalvoice.net) for a clear outline of the style and approach of this course.

Even if you have attended a workshop with Frankie or Sarah before, we would like to have a chat with you prior to booking to ensure that this is the right course for you. Please phone Frankie on (+44) 029 2048 0429.

FOOD: is deliciously cooked vegetarian.

For **Special Diets**, contact the Abbey at least one week before the course.
Abbey Sutton Courtenay, 01235 847 401 admin@theabbey.uk.com

ACCESS: For **access enquiries**, contact Abbey Sutton Courtenay direct.

COST: The total course fee is **£ 1310**. This consists of:

- a non-refundable deposit of **£260** to reserve your place
- a 2nd installment of **£525** to be paid by **1st March 2017**
- a final payment of **£525** to be paid by **15th April 2017**

OR you can pay an 'early bird' fee of **£ 1270 (£40 discount)** for paying in full by **end of March**.

IMPORTANT: Cancellation arrangements apply – see booking form

[Note: Some past participants have managed to organize grants from Arts Training bodies, appropriate charitable bodies, through workplace further training and re-training schemes, and via "Arts and Business".]

LOCATION: Detailed information on Abbey Sutton Courtenay can be found on their website - www.theabbey.uk.com. The nearest bus and train stations are at Didcot Parkway (from where a taxi or bus can be taken). We will give you fellow participants the drilling you. Now contact details close to the course time to facilitate ride sharing.

TIMES: The course starts on Sunday morning May 28th and ends early afternoon on Saturday June 3rd. We would like you to arrive on the Saturday evening May 27th after 6pm; an evening meal will be provided.

Applications: Zoe Preece - zoepryce.ab@gmail.com



FRANKIE ARMSTRONG (www.frankiearmstrong.com) has sung professionally in the folk scene and the women's and peace movements since the 1960s. She pioneered community voice workshops in 1975. She continued her previous trade as a trainer in social and youth work alongside the voice workshops for a decade, before focusing exclusively on voice workshops and singing. Frankie has made 10 solo albums as well as featuring on numerous shared and themed recordings, contributed chapters to 11 books, written an autobiography (*As Far As the Eye Can Sing*) and co-edited *Well Tuned Women* (on women and voice) with Jenny Pearson. Her most recent book (with Janet Rogers) is *Acting and Singing with Archetypes*.

It was her passion for the traditional styles of singing in the British Isles and from around the world that informed the development of her voice and singing workshops. Having been involved with folk and political songs since the 1950s, she's always been fascinated by the way that voice can enhance the individual's sense of wellbeing and also develop a sense of community. It can link us to the thread of song that comes down to us from our

ancestors. Hence she has always been interested in exploring voice and song in its historical, cultural, political and spiritual dimensions. She also sees the voice as a tool to aid our self-expression, creativity and confidence. Over the past 25 years she has especially focused on the body-voice connection, having worked and trained with a variety of bodywork and movement teachers.

Whatever the focus of the workshop, she believes in creating a supportive, generous atmosphere where people do not feel judged or under pressure to get things "right". The intention is to help us all find a creative balance between relaxation and energy. Frankie runs a variety of workshops - If You Can Talk You Can Sing, Singing From the Souls of your Feet, Song Interpretation and Performance Skills, The Joy of Simply Singing Together, The Voices of the Archetypes of Myth, and Voice & Movement - Qualities and Rhythms, and does bespoke voice workshops for organisations, theatre companies etc.

Over the years she has run workshops with almost every kind of group – for children of all ages and abilities, professional theatre companies, community and women's groups, people with disabilities, drama students, therapists, psychiatric patients, folk song students and the elderly. And for over 20 years, she has taken 'apprentices' and run training groups (often with Darien Pritchard) to pass on her approach and style of voice work. In London, Frankie is a guest teacher at the Central School of Speech and Drama (both on the drama therapy course and the Voice MA), and has worked regularly at the National Theatre Studio. She has been a tutor at International Voice Conferences in the UK, Australia and North America. She is a founding member of the Natural Voice Practitioners' Network (UK), which grew out of these training weeks, and is an honorary member of the Voice and Speech Trainers Association (VASTA) of North America.



SARAH HARMAN

Sarah originally trained and worked in the theatre, and has been leading singing workshops and choirs since 1988. She has led groups with absolute beginners, disabled people, young people on probation, and in schools, hospices, hospitals and community settings, and has worked in Nicaragua, Australia and Spain. She is particularly passionate about working with disadvantaged communities, and believes that singing together in harmony is a fantastic way of bringing people together in supportive community.

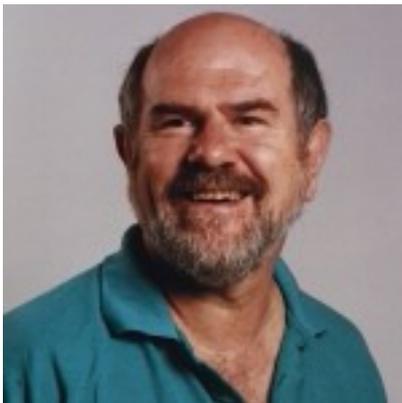
Sarah currently runs four community choirs in South Wales and regular 'Music and Memories' sessions for people with dementia. She brings her experience of establishing and leading long term groups to the Voice Leaders' training.

With a strong belief that leading workshops requires considerable skill, awareness and planning, Sarah has developed workshop materials and exercises to help singers gain the ability and learn techniques for leading effective, inclusive and inspirational workshops. She has been designing training for workshop leaders and voice teachers since the early 90s, and worked as Training Manager for Community Music Wales. She has also worked for the Arts Council of Wales and leads training for Citizens Advice (on Training Skills, Mental Health and Dealing with Aggression).

Sarah is a song-writer and regular performer in styles ranging from folk to Baroque classical music. She sings with the duo Blameless Hussies, with her quartet The Quiet Ranters, and with Frankie in the five piece 'Variegated Women'. The songs she writes and sings are witty and thoughtful, bringing together the personal and the political.

Sarah and Frankie

Sarah and Frankie have run a variety of trainings and workshops together over the past 20 years. These include access and inclusion, group-work skills, voice development and improvisation, as well as teaching songs from a variety of cultures and those that focus on social justice.



DARIEN PRITCHARD (www.dynamicmassage.co.uk) has been a body worker for 35 years, including 25 of training massage professionals. He is qualified practitioner of massage and the Feldenkrais Method® of movement awareness. For 12 years, he was a co-director of the Massage Training Institute, a UK-wide organization of holistic massage schools, and for 5 years taught massage in a university degree course.

For 25 years he has run a programme of professional development workshops for massage practitioners. He co-authored a student textbook *Anatomy, Physiology and Pathology for the Massage Therapist* (2001), and wrote the career-maintenance reference book *Dynamic Body use for Effective, Strain-Free Massage* (2007). He and Frankie have run workshops together for 25 years (including the training courses since 1988). Darien provides the detailed bodywork component that prepares the body for free vocal expression and aids understanding of aspects of our anatomy and their relevance to giving voice.