

# CoreSinging™

**Three-Day Course, London, UK  
November 5-7, 2010**

*with Meribeth Dayme, PhD*

***Energy, Awareness, Imagination, Practice and Performance***

**Anyone who works with singers, sings, or wants to sing, is invited to attend**

**The CoreSinging™ approach** offers a complete and holistic experience where participants can learn firstly to *enjoy* singing, and secondly to grow and improve. This approach is based on principles that lead the way to directing your energy to work for you.

The atmosphere and language of the CoreSinging™ experience allows singers to play with a great variety of sound and imagination and tap into their natural abilities. It fosters integrity in the teaching and learning of singing, and works with teachers and students to serve the art of singing and healing.

**The CoreSinging™** Three-Day workshop is practical, interactive, and empowering and you will learn by experience and observation. The foundation it provides will enable anyone to move on to enjoy singing in any way they choose.

#### **Topics Explored**

- Dynamic balance
- The inner and outer language that increases our ability to learn
- Energy breathing
- Tuning in
- Spontaneous song-making and “scatty conversations”
- How to enjoy every practice session
- Unlimited imagination and compelling singing

***Please Note: CoreSinging™ is designed to complement any system or method of singing, not replace it.***

**Venue:** 23 Woodlands Road, Barnes, London SW13

**Time:** 9:30 to 5:00  
Tea, coffee and snacks provided  
You may bring your own lunch or go out locally

**Fees: €375**

**Register and Pay online at:** <http://aosinging.alchemyprogrammes.com/registration.html>  
More information: [info@aosinging.com](mailto:info@aosinging.com), or see [www.aosinging.com](http://www.aosinging.com), Or phone +33 450 64 94 09

*“CoreSinging™ reminded me that there is a secret ingredient to speaking, singing and any kind of performing that cannot be learned through technique alone: it is energetic connection. A connection that can change a performance that is merely competent and professional into something magical, profound and life enhancing. If you want to discover a hundred different ways of accessing this powerful and essential ingredient for yourself, or for your students go to the CoreSinging™ workshop!”* Sue Greenwood Voice, Speech and Performance Coach.

*...for anyone who is interested, Meribeth is a legend and amazingly inspiring in a quiet unfussy way. I recommend this if you are able to go...*  
Susan McCulloch, GSMD on Facebook

*“The flood gates have opened! CoreSinging™ has sparked off a torrent of new ideas, new exercises and new ways of teaching and learning. I'm stunned at how deep my appreciation for all voices can go. It's just what the singing teaching world needs!”* Sally Garazzo, Singing Naturally