



A Revolutionary New Energy Approach To Singing

Meribeth Dayme, PhD

Vision:

To encourage singing as the birthright of everyone

The CoreSinging™ approach offers a complete and holistic experience where participants can learn firstly to enjoy singing, and secondly to grow and improve.

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.

Concepts have been drawn from Western tradition, oriental mystic and healing arts and quantum mechanics to create an approach to singing which will raise the level of any performer, whether a newcomer or professional. It is ideal for singers of all ages, stages and styles and enhances confidence, vocal health and compelling performance.

The CoreSinging™ approach is based on principles that lead the way to directing your energy to work for you. The very nature of this approach encourages individual and group creativity and invention.

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. The Three-Day Basic Course is designed to be taken on consecutive days. At the end of the course a certificate of attendance will be provided.

Topics Explored

- Dynamic balance.
- Understanding and using all the dimensions of the human energy field
- The inner and outer language that affects 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.

Anyone who sings, or wants to sing, is invited to attend

- Singers--Teachers of Singing
- Actors -- other performing artists
- Choral directors--Choir members
- School teachers who use singing in the classroom
- Voice Therapists and other Voice Professionals

Benefits

- For beginning singers: An enjoyable natural approach to singing that first encourages play, freedom and flexibility without the need to learn a specific style, or to please, or to get it right.
- For singers: A new non-threatening avenue that anyone can use to improve and enjoy beautiful, healthy and confident singing.
- For teachers: An approach to singing that is based on principles, not methods or recipes, leaving large scope for invention and creativity on the part of both teacher and pupil.
- Can be used in large and small groups, choirs, schools and community gatherings.
- Can be taught by teachers with limited musical ability

Three-Day CoreSinging™ course, London Schedule 2010:

- January, Day 1; February, 28, Day 2; March 14, Day 3
 - July 27-29, Three-Day Intensive
- September 26, Day 1; October 24, Day 2; November 14, Day 3

Note: The course is designed to be taken on consecutive days.

If you unavoidably miss the second or third session, you can pick up the missed session when the course is given again. Arrangements must be made beforehand.

Venue: Barnes, London SW13

Time: (9:45 for) 10:00 to 5:00
Tea, coffee and snacks provided
You may bring your own lunch or go out locally

Fees: € 325 (three sessions) when paid one month in advance of first session
€ 375 for payment made after that time

Register and Pay online at:

<http://aosinging.alchemyprogrammes.com/registration.html>

Meribeth is highly regarded internationally for her work with the voice. She is passionately devoted to the vocal arts and the author of *Dynamics of the Singing Voice* (5th Edition 2009), *The Singing Book* (with C Vaughn) and *The Performer's Voice*.

For more information on CoreSinging™ programme(s) and registration please contact: Meribeth@aosinging.com or see www.aosinging.com
Or phone +33 450 64 94 09

Testimonials:

"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.

Meribeth's teaching is for me always inspirational. I am really enjoying the creative ideas she is sharing in her current 'Core Singing' course which has lots of ways to help singers leave 'over thinking' and come more fully into freedom and imagination. My students and workshop participants are reaping the benefits too!

Fiona Dobie, Singing Teacher and workshop presenter