

Raga-Meditation

**Experience how your voice can integrate body and mind.
Learn to perceive and work with the subtle qualities in Sound.**

**DHRUPAD VOCAL TRAINING supported by
FELDENKRAIS method, Awareness through movement**

**Workshop with Amelia Cuni and Ute Birk
in Berlin, September 11th and 12th, 2010**

The seminar explores some basic aspects of voice production through awareness and observation of physical and inner processes as well. It provides very practical and effective techniques to cultivate one's own vocal instrument and to deepen the understanding of the act of singing.

Amelia Cuni has 25 years of experience in the field and offers a method rooted in the **dhruPAD** tradition which flourished in the temples and courts of India from the 15th cent. onwards. This vocal genre is influenced by the techniques and philosophy of **nada-yoga** (yoga of sound) and cultivates an unhindered delivery with the speaking-tone at its base. According to this tradition, sound is the agent of creation (**nada-brahma**) and singing mirrors the creative process within our bodies.

Through concentration and focussed listening, with exercises blending voice and imagination, Amelia guides the group to the full enjoyment of tuning pure intervals and resplendent tones. Her method integrates body and mind, posture and inner attitude. While learning how to produce an open voice, the participant will unfold his vocal potential practising awareness, suppleness and balance. Special attention will be accorded to hearing, tuning, quality of the voice and glissandi.

With the help of the **Feldenkrais** lessons provided by Ute Birk, the participants can explore certain movement functions that are connected to voice production. Attentive observation of the body and its movements and sharpening the learning skills of the nervous system creates higher awareness for the use of the self in moving and singing.

No previous musical skills are required; the seminar will interest anybody using the voice in musical and theatrical activities and whoever wishes to discover more about it through a meditative and structured approach.

Location: Zentrum für Yoga und Stimme
Paul-Lincke-Ufer 30 (2. yard / 3. floor), 10999 Berlin-Kreuzberg
info@yogaflow.de, www.yogaflow.de, Tel. 0049-30-60031784

Schedule:
Saturday and Sunday from 11 to 18 hrs

Registration fees: 160 Euros

Registration:

You can register per email or phone:

Ute Birk: +49-30-217 01 02; ute.birk@gmx.de

Your participation will be confirmed only with the transfer of **the registration fees (160 Euros) in advance** on the following bank account:

**Ute Birk, DKB Deutsche Kreditbank, IBAN: DE17 1203 0000 0015 4453 31
SWIFT- BIC: BYLADEM1001**

In case of cancellation from your side, this amount can be refunded only 14 days before the start of the seminar. If the seminar cannot take place, you will be fully refunded. If you need help for booking accomodation, please contact us.

Amelia Cuni is singer, composer and performer. She started learning Hindustani music in 1978 in New Delhi. She lived in India for more than 10 years studying dhrupad singing from renowned masters such as R. Fahimuddin Dagar, Vidur Mallik and D. C. VEDI. She has also learnt kathak dance and drumming. She received scholarships from the Indian Government for four years.

She performs in international projects of traditional as well as experimental orientation and her music has been widely praised, her singing is featured on several CDs. Composers have written for her voice (i.e. Terry Riley, Maria de Alvear, Roland Pfrengele). Her own multimedia performance ASHTAYAMA-SONG OF HOURS has been presented in several international festivals worldwide. Her latest work, JOHN CAGE's SOLO 58 (microtonal ragas - SONG BOOKS, 1970) is a co-production with several European and American new music venues. She teaches Indian singing at the Vicenza Conservatory (Italy) and has been giving innumerable workshops and lecture-demonstrations all over the world since 1987. She lives in Berlin.

www.ameliacuni.de

www.myspace.com/ameliacuni

Ute Birk is a licenced Feldenkrais teacher with more than 20 years of experience in the field of movement and learning. She was trained through the American Feldenkrais Foundation Inc. from 1986-1989 and is presently working with the Israeli dancer and movement teacher Prof. Amos Hetz. She has her own Feldenkrais studio in Berlin where she gives regular classes and individual sessions as well. **www.utebirk.de**