

Preparing the Voice: Breathing Is Meaning

This course concentrates on liberating the breath for proper vocal support and healthy voice production. By means of Fitzmaurice Voicework, students bring together the dynamics between body, breath, voice, the imagination, and language. The work consists of two phases: Destructuring: Through "Tremorwork" (a series of exercises developed by Catherine Fitzmaurice based on the work of Wilhelm Reich) the body re-learns to breathe in the most physiologically efficient way. Students reconcile biology with biography, reducing excess bodily tension and promoting spontaneous free breathing; and Restructuring: This second phase focuses on supporting a vibrant voice that communicates intention and feeling without excess effort.

Course Number: PAR230

Unit: 3.0

Program: UNDG Performing Arts