

TITLE: SINGING WITH YOUR HEART AND SOUL

An Meeusen

anmeeusen113@hotmail.com

www.pantarhei-anmeeusen.com

When we close our eyes and simply listen to our inner sound and inner voice, we can sing from within our own truth. During this workshop, we will connect with our true being and attempt to attach sound to it. We will use the body and body movements as an instrument to let our true sound flow without any judgement. By means of movement, our head gets rest, which makes it easier for our true song to flow more honestly.

Sound has the ability to heal, and as a singer we can be our own instrument of healing. That's very beautiful, but it also asks for a conscious connection in order to get to know our instrument, to feel it, and to connect with our sound, our sound quality and our creativity.

In this workshop, 'Singing with your heart and soul', we will connect with our inner voice. That is a very personal matter, since everybody is unique. Each and everyone has a unique inner voice and a song that only belongs to that specific individual.

Exercises can guide us to connect with our inner voice and to be true to our own sound, our true sound.

When that comes, we can feel free and we can sing our own song. In our own song, no mistakes can be made, because it is our own creation. However, we mainly make a connection with that sound, that song, that is needed to be sung alone, with a partner or in group. When that connection is made, sharing sound can be magical. So, let the magic happen.

An Meeusen

I studied classical singing and choral conducting at the conservatory of Antwerp.

After that, I took lessons for a year with Anita Eggermont about the Lichtenberger method.

I studied choral conducting at the conservatory of Utrecht.

Important workshops and educations for me were 'Body, voice and being' with Peter Wilberforce and 'The healing voice' with Loucas Van den Bergh.

As a psychotherapist and very active free dancer and meditativ dancer, I feel the need to combine the body with the breath and the voice. For me, the emotional and psychic parts are very important in our own true way of singing. The holistic way is the only way for me, since this enables us to experience how intense singing and making music can be. It can be a very spiritual experience where we can feel connected with ourselves, the others and wholeness.

workshop.pevoc12@debuckagency.com

This is an invitation for an intense experience with yourself as a singer and the group of singers.

Met opmerkingen [Jozefien 1]: By means of/ thanks to