

Title

CREATIVE WITH VOICE AND SOUND

Presenter(s)

Pantarhei - An Meeusen

anmeeusen113@hotmail.com

Summary

As a singer and musician, we are used to use a score or schedule most of the time. During this workshop, we will use ourselves as the source of our own sound and music. Let's be creative with our instrument, body, voice and sound, and let's play in connection with ourselves and the group of singers.

As a singer we are our own instrument. 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.

During this workshop, 'Creative with voice and sound', 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. We will use exercises to improvise, to be playful with sound, to create, to listen, to sing together and with the other singers. What is very important as well, is to be playful as a child: joyful and full of laughter.

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 meditative 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.