

EFFORT OR TENSION? AN EFFICIENT USE OF YOUR VOICE IN THE STYLE YOU WANT

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Knowledge is power! Insight in your voice helps you to produce in an efficient and healthy way the sound you want, so you can speak, act or sing in the style you want. In this workshop you learn to distinguish between effort and tension. You learn how to feel this for yourself and how to teach this to students or patients. You get to know tools to release unwanted tension and how to install, practice and teach desired effort. You learn how to feel and manage different parts of the vocal tract (f.i. larynx, false vocal folds, ary-epiglottic sphincter) and their influence on your sound and voice. Links with common practises in logopedic treatments (breath, posture, Pahn-therapy,...) are brought under the attention.

About the author: Katrien Van Opstal is a graduated jazz- and popsinger. She studied in Ghent and specialized in vocal technique. Since 2013, she studies Estill Voice Training with her mentor Dorte Hyldströp (Danmark). She earned the Certificate of Figure Proficiency and is on the last track of her training to become an official Estill Master Teacher. As a student she was trained in Pahn-therapy, Linklater, Liechtenberger, Alexander-technique en Complete Vocal Technique. With “GelijkgeSTEMd” she wants to train singers, actors and logopedists with her knowledge of the voice.