



**The Center for Voice & Performance Empowerment**

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## **VOICE WELLNESS**

This experiential workshop is designed for professional voice users and vocal performers – in short people, whose profession entails long tiring hours of voice use, often at the extremes of the voice range.

**Voice Wellness** teaches you healthy and effective patterns of voice use to prevent voice problems. It will equip you with techniques to develop vocal power, stamina and expressiveness without putting undue pressure on the throat and straining the voice.

### **OBJECTIVES**

The goal of this program is to help you enhance and maintain the long term health and quality of your voice.

### **PROFILE OF PARTICIPANTS [Who Should Attend]**

This workshop is designed for professional voice users like educators, trainers, lawyers, businessmen, stock brokers, sales executives, communication professionals and vocal performers like radio jockeys, television anchors, broadcast journalists - anybody whose profession entails long tiring hours of voice use, often at the extremes of the voice range.

### **COURSE CONTENT**

Dr. Nayak offers techniques, exercises and philosophies for

#### **Creating Basic Vocal Awareness**

- How the Voice Works
- Vocal Hygiene/ Voice Care
- Optimum Diet & Lifestyle Advice for the Voice

#### **Creating an understanding of how the body works as a complete system to produce voice**

- Physical Ease & Release of Unnecessary Tension
- Spinal Alignment & Centering for an effective voice

#### **Breath Management**

- Importance of Correct Breathing for professional voice users and vocal performers
- Awareness of diaphragmatic abdominal breathing
- Improving Breath capacity, flexibility and control

### **Developing a Rich Tone**

- Workout for the Resonators

### **Developing Speech Clarity**

- Workout for the Articulators/ Speech organs