



# The Total Singer Workshop

## Voiceworks Method & Pedagogy of Styles



February 14-16, 2009  
 Los Angeles, California

Lisa Popeil  
[www.popeil.com](http://www.popeil.com)

## Who Can Benefit

Singing Teachers, Voice Coaches, Singers,  
 Vocal Pedagogy Students, Speech  
 Pathologists, Choir Directors

## Course Description

The Total Singer Workshop is presented as a 3-day intensive learning experience for voice professionals and students based on the work of Lisa Popeil. It outlines the innovative Voiceworks Method with an emphasis on the pedagogy of popular voice technique, styles and belting.

Expect an in-depth analysis of American vocal styles including Pop, Rock, Jazz, R&B, Country, Opera/Operetta and Musical Theater 'legit' and 'belting'. All participants will have the opportunity to experience the elements of styles: resonator shaping, airflow, nasality, laryngeal positioning, registers, dialect and stylisms which work together to authenticate a style. This knowledge is indispensable for vocal mastery as well as improving one's value as a voice coach or speech trainer.

The Voiceworks Method has been developed over a 35-year period and is intended as a concise, understandable approach to the training of the singing voice in all styles. The method is also applicable to the improvement and control of the speaking voice. It is used enthusiastically around the world through the 'Total Singer' instructional DVD ([www.popeil.com](http://www.popeil.com)).

Participants will each receive a workbook, a 'Total Singer' deluxe set with booklet and exercise CD, recommended listening lists, and exercise CD for continued work on vocal styles and a certificate of completion. The Total Singer Workshop is a prerequisite for the Voiceworks Associate Program, a week-long teacher-training intensive.

## Daily Schedule

### Saturday February 14

- 9:00 am Welcome
- 9:10 - 9:45 Basic Anatomy & Physiology of Voice
- 9:45 - 11:00 Posture, Support, Breathing, Range, Vibrato
- 11:00 - 12:30 Resonance: Ring, Brightness, Nasality, Larynx & Pharyngeal Positions, Vocal Fold Closure, High Notes, Jaw & Tongue
- 12:30 - 1:15 Lunch
- 1:15 - 3:15 Classical vs. Popular Technique: Registers & "Laryngeal Lean"
- 3:15 - 3:30 Break
- 3:30 - 5:00 Master Class with Lisa Popeil
- 5:00 - 6:30 Dinner on your own

### Sunday February 15

- 9:00 - 9:30 Voiceworks for Speech Correction
- 9:30 - 10:00 Research Results
- 10:00 - 10:30 Comparisons - Opera, Operetta, Choir
- 10:30 - 10:45 Break
- 10:45 - 12:00 "Legit" for Musical Theater
- 12:00 - 1:30 Lunch
- 1:30 - 3:15 Belting for Musical Theater: Technique & Exercises
- 3:15 - 3:30 Break
- ⊗ 3:30 - 5:00 Master Class with Lisa Popeil
- 7:00 - 9:00 Moroccan Dinner at Marrakesh Restaurant

### Monday February 16

- 9:00 - 10:00 Pop Singing
- 10:00 - 11:00 Jazz Singing
- 11:00 - 11:15 Break
- 11:15 - 12:30 R&B Singing
- 12:30 - 1:45 Lunch
- 1:45 - 2:30 Country Singing
- 2:30 - 3:30 Rock Singing
- 3:30 - 4:00 Therapeutic Strategies

## Location

The Total Singer Workshop will be held at the beautiful San Fernando Valley landmark Sportsmen's Lodge, just 20 minutes north of Hollywood. Accommodations for participants are available at Sportsmen's Lodge for the special rate of \$159 non-pool view room (single or double) or \$174 pool view (single or double). One-half block away is a Days Inn Motel at a rate of \$90 for single, \$100 for double room and 10% discount for AAA and AARP.

Studio City is home to numerous world-class restaurants, only 15 minutes from Rodeo Drive in Beverly Hills and Universal Studios. Sportmen's Lodge is set in an 8-acre garden setting with waterfalls and swans, located with easy access to 5 freeways and offering a magnificent outdoor pool, open year-round.

Stay an extra day and enjoy Universal Studios Tour & CityWalk. Sportmen's Lodge offers a free shuttle to and from Universal. Or rent a car at the hotel and go to Disneyland, Knott's Berry Farm, Venice Beach or Malibu.

Sportmen's Lodge  
(818) 769-4700  
12825 Ventura Blvd.  
(1/2 block East of Coldwater Canyon Blvd.)  
Studio City, California 91604  
www.slhotel.com

**Mention 'The Total Singer Workshop' to receive special rate Sportmen's Lodge.**

Days Inn Motel  
(818) 789-6900  
12933 Ventura Blvd. (1/2 block west of Coldwater Canyon Blvd.)  
Studio City, California 91604  
www.thedaysinn.com/studiocity09816

## Travel

Studio City is 30 minutes north of the Los Angeles Int'l Airport (LAX) and 10-15 minutes west of Burbank Airport (BUR). If arriving at LAX, Prime Time or Supershuttle van service (available at the van/shuttle pickup outside baggage claim) is \$34 + tip one-way from LAX to hotel. You can also book vans online. Taxis from LAX cost around \$65. From Burbank Airport AND staying at Sportsmen's Lodge, take only brown/yellow City Cab. Sportsmen's Lodge will give you a voucher at front desk for payment. Hotel pays fare, you pay only gratuity.

## Biography

Lisa Popeil, MFA in Voice, has studied the singing voice for 40 years, has taught professionally for 25 years and is an expert in the pedagogy of contemporary commercial technique and styles. She has conducted voice research at the Vanderbilt Voice Center, the Center for Voice in Santa Ana, California, University of Stavanger in Norway, at KTH in Stockholm and at ATR Labs in Japan. Research has used video-laryngoscopy, MRI, video-fluoroscopy, CT scans and high-speed photography. Ms. Popeil has contributed to the NATS *Journal of Singing* comparing classical vs. belt techniques and is a frequent speaker at international voice conferences. She has performed and recorded in styles as diverse as opera, country, R&B, pop, jazz and musical theater.

An expert pianist, Lisa has composed film scores, acted as arranger and recording producer, and has been a voice-over artist for films, TV and radio. She is a member of the Voice Foundation, the National Association of Teachers of Singing (NATS), and Voice & Speech Trainers Association (VASTA), ASCAP and AFTRA. Her special abilities and enthusiasm for teaching have made her one of LA's top voice coaches with students ranging in age from 6-80, from beginners to celebrities.

The Voiceworks Studio in Sherman Oaks, California includes a stage, lights, sound system, video and digital audio recording; a fully equipped, state-of-the-art private voice and performance training setting.

Ms. Popeil is the creator of the acclaimed 'Total Singer' instructional video which is used world-wide.

## Workshop Comments

"I learned more in three days of your workshop than in my 20+ years of studying the voice..."

"I'm absolutely amazed at your ability to comprehend and sing all different styles."

"Your energy is contagious..."

"...so inspired by your knowledge and compassion"

"I'm super-ecstatic about the workshop!"

"Just thought I'd let you know how much I loved your workshop. You are a wonderful, enthusiastic and caring teacher."

"Thank you again for the most amazing three days. It was the experience of a lifetime."

## Unsolicited Testimonials for The Total Singer DVD

"Within the first ten minutes of viewing your tape I was able to correct a long-standing problem...I can't thank you enough. Your techniques gave me my voice back!"

— *Lucy Lawrence - Boston, MA*

"Thank you for your fabulous voice-training kit!"

— *Satsuki Matsuno - Japan*

"Wow!! A very impressive production, not to mention quite an amazing (and compact) voice lesson...I wanted to let you know how excited I am about your program."

— *Brian Dunning - Irvine, CA*

"I was quite impressed and excited with your program! The language and images you use make much more sense to me than what I have been exposed to in voice lessons. You have performed an immensely valuable service. Thank you."

— *Marcia McKenzie - Lynchburg, VA*

"Watching the video ONE time has changed the way I sing forever! Your technique is wonderful and a steal at \$ 49.95. I have received a gift for the rest of my life and I will be working with the method for years to come. Thank you!"

— *Lee Larson - Blaine, MN*

"I got it!!!! Thank you so much! The video is fantastic. It feels as if you're right next to me coaching every step of the way. Your sense of humor keeps me from getting frustrated with myself, too. It is a pleasure to work with you and I will recommend this product to EVERYONE!"

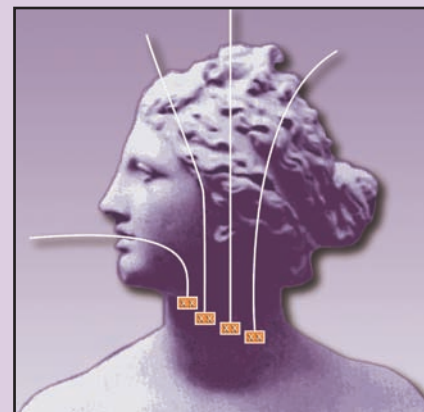
— *Esther E. Thomas - Bermuda*

"I thank God for the video, audio and book I received from you."

— *Dr. Douglas Matthews - Anaheim, CA*

"You are a light in the vocal darkness."

— *Matthew Quek - Singapore*



MEDICI VENUS - Metropolitan Museum of Art

## Registration Form

Name \_\_\_\_\_  
Address \_\_\_\_\_ Apt \_\_\_\_\_  
City \_\_\_\_\_ State/Province \_\_\_\_\_ Zip/Postcode \_\_\_\_\_ Country \_\_\_\_\_  
Phone \_\_\_\_\_  
Fax \_\_\_\_\_  
E-Mail \_\_\_\_\_

(check all that apply)

### I am a:

- Teacher  Performing Artist  Actor  Student  Choir Singer  
 Choral Conductor  Speech Pathologist  Singer/Songwriter

### I sing in the following styles:

- Classical  Rock  R&B  Pop  Jazz  Latin  
 Musical Theater Belt  Musical Theater Legit  
 Country  Other \_\_\_\_\_

**All participants will receive a complimentary Total Singer DVD.**

- I would like to sing in a master class.  
 I will be staying at Sportmen's Lodge or Days Inn Motel.  
 Would you like us to help you find a roommate?

### Speech Pathologists: Call for info on ASHA CEUs

Tuition including all program materials is: \$385 \_\_\_\_\_.  
Full-Time Student with ID: \$325 \_\_\_\_\_.  
Saturday night Moroccan dinner (optional) \$32 \_\_\_\_\_.  
(Drinks not included)  
Tuition is due no later than January 15, 2009.  
Tuition is refundable (minus \$50) prior to January 10, 2009.  
Confirmation notification will be sent via e-mail on receipt of this application.

### Form of Payment:

- Check (payable to Voiceworks) \$ \_\_\_\_\_  
 Visa  MC  Amex  Discover

Card Number \_\_\_\_\_  
Expiration Date \_\_\_\_\_  
Name on Card \_\_\_\_\_  
Signature \_\_\_\_\_

Mail completed form to:

### Voiceworks

14431 Ventura Blvd. #402 • Sherman Oaks, CA 91423-2606 USA  
Questions? Call (818) 906-7229 • Fax: (818) 906-1220  
E-mail: totalsingerworkshop@popeil.com • www.popeil.com

**Attendance is limited, early response is suggested.**



DETACH AND MAIL

