

The Total Singer Workshop & YogaSing



Lisa Popeil
 Voiceworks® Method



Suzanne Jackson
 YogaSing™

February 13-15, 2010
 Opera Delaware
 Wilmington, DE

www.popeil.com

Who Can Benefit

Singing Teachers, Voice Coaches, Singers,
 Vocal Pedagogy Students, 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, commercial 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'. Fundamental skills of voice knowledge and mastery include: posture, support, breathing, registers, finding one's range, vocal fold closure, vertical laryngeal positioning and resonance. Ingredients of vocal styles include, in addition, dialect, emotions/mindset, stylisms and stance.

The Voiceworks® Method has been developed over a 45-year period and is intended as a concise, understandable approach to the training of the singing voice in all styles and for speech beautification. It is used enthusiastically around the world through the 'Total Singer' instructional DVD (www.popeil.com).

Participants will each receive a workbook, a downloadable version of the 'Total Singer' deluxe set with PDF booklet and a vocal exercises mp3, recommended listening lists, and a certificate of completion. The Total Singer Workshop is a prerequisite for the Voiceworks® Associate Program, a week-long teacher-training intensive and retreat held each summer.

Each day will begin and end with a rejuvenating yoga session with Suzanne Jackson. The **YogaSing™** techniques are designed specifically for singers and performers to open the body, expand breath capacity, reduce stress and create feelings of centeredness and wellness. Yoga mats will be provided. Workshop provides three credits toward YogaSing Teacher Certification. (www.ChakraWakening.com)

Daily Schedule

Saturday February 13

- 9:00 am Welcome
- 9:15 - 9:45 YogaSing with Suzanne Jackson
- 9:45 - 10:45 Basic Anatomy & Physiology of Voice
- 10:45 - 12:00 Posture, Support, Breathing, Range
- 12:00 - 1:00 Catered Lunch or on your own
- 1:00 - 3:00 Vibrato; Resonance: Ring, Brightness, Nasality; Pharynx Positions; Vertical Larynx Positions
- 3:00 - 3:15 Break
- ⊙ 3:15 - 4:00 Vocal Fold Closure; Tips for Easy High Notes
- 4:00 - 5:30 Dinner on your own
- 5:30 - 7:00 Classical vs Popular Technique: Registers & 'Laryngeal Lean'
- ⊙ 7:00 - 7:15 Dessert Break
- 7:15 - 8:30 Master Class with Lisa Popeil (5 singers)
- 8:30 - 9:00 YogaSing with Suzanne Jackson

Sunday February 14

- 8:30 - 9:00 YogaSing with Suzanne Jackson
- 9:00 - 9:30 Voiceworks for Speech Correction
- 9:30 - 10:00 Comparisons - Opera, Operetta, Choir
- 10:30 - 10:45 Break
- 10:45 - 12:00 "Legit" Style for Musical Theater
- 12:00 - 1:00 Catered Lunch or on your own
- 1:00 - 3:00 Belting for Musical Theater: Technique, Substyles, Exercises
- 3:00 - 3:15 Break
- ⊙ 3:15 - 5:00 Master Class with Lisa Popeil (6 singers)
- 5:00 - 5:30 YogaSing with Suzanne Jackson
- 5:30 - 7:00 Dinner on your own
- ⊙ 7:00 - 8:30 Master Class with Lisa Popeil (5 singers)

Monday February 16

- 8:30 - 9:00 YogaSing with Suzanne Jackson
- 9:00 - 10:00 Pop Singing
- 10:00 - 11:00 Jazz Singing
- 11:00 - 11:15 Break
- 11:15 - 12:30 R&B Singing (soul)
- 12:30 - 1:30 Catered Lunch or on your own
- 1:30 - 2:30 Country Singing
- 2:30 - 3:30 Rock Singing
- 3:30 - 4:30 Therapeutic Strategies: Reflux, Colds, Allergies, Q&A
- 4:30 - 5:00 YogaSing with Suzanne Jackson

Location

Opera Delaware is ideally located within a one-minute taxi ride from the Wilmington Amtrak station. Travel time is less than two hours by car or train from New York City and Washington DC and 30 minutes from Philadelphia. Opera Delaware is located at 818 N Market St. in downtown Wilmington, Delaware, an area full of hotels and restaurants.

Biography-Lisa Popeil

Lisa Popeil, MFA in Voice, has studied the singing voice for over 45 years, has taught professionally for 35 years and is an expert in the pedagogy of popular vocal technique and styles.

She has conducted voice research at Hoag Voice Center in Newport Beach, CA; West Coast Radiology; Richard Wolf USA Lab in Chicago; Northwestern U. in Evanston; U. of Stavanger in Norway; at KTH in Stockholm with Johan Sundberg 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 and song-writer, Lisa is an arranger and recording producer, and has been a voice-over artist and session singer for films, TV and radio. She is on the Scientific Advisory Board of the Voice Foundation, is a member of NATS, VASTA, ASCAP, AFTRA and is a voting member for the Grammy Awards.

The Voiceworks Studio in Sherman Oaks, California includes a digital recording studio, with stage, lights, sound system and video.

Biography-Suzanne Jackson

Suzanne Jackson has combined her extensive training in yoga and voice to create the program YogaSing™. Suzanne holds a Master's Degree in Voice from the University of Maryland and for 20 years has performed as a resident singer with the Washington National Opera. She is currently on the faculty of the Washington National Opera's Summer Institute and Opera Delaware's Artist Workshop. Suzanne is the director of the Awakening Arts and Yoga Center in Kennett Square, Pennsylvania where she teaches weekly yoga, voice and YogaSing™ Kids classes. She has produced several DVDs, including the well-reviewed YogaSing™ and her new DVD entitled ChakraWakening. Ms. Jackson has been featured in Opera America and Classical Singer magazines and on NBC's 'The Ten' show.

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."

Testimonials for YogaSing™ DVD

"Recently, before a Classical Singer vocal competition, I had the opportunity to participate in a 'YogaSing' session. It was easy to learn and put into practice. After watching the DVD my pre-audition tension was gone. I felt open, relaxed, and energized. Since doing YogaSing, even my vocal coach has told me I sound more open in my projection. I have also felt a huge increase in my breath control with the breathing exercises. Thank you!"

— Zack Rogers - Senior, Thomas Dale HS Specialty Center for the Performing Arts

"A rare experience of calm and beauty."
— Cynthia Lawrence - Metropolitan Opera

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

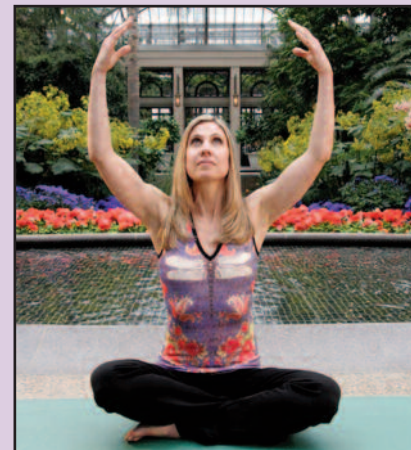
"I was quite impressed and excited with your program! The language and images you use make much more sense to me than what I have been exposed to in voice lessons. You have performed an immensely valuable service. Thank you."
— Marcia McKenzie - Lynchburg, VA

"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



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 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 downloadable Total Singer deluxe set.

I would like to sing in a master class.

I would like to order three catered lunches for an extra \$30.

Tuition including all program materials is: \$385 _____.

Full-Time Student with ID: \$325 _____.

Three catered lunches (optional) \$30 _____

Tuition is due by January 1, 2010.

Tuition is refundable (minus \$50) prior to January 10, 2010.

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.