



VOCAL THERAPY

PRESENTATION AND CONTENT

The effects and impact of singing on a person are infinite and unsuspected. Furthermore, it confers many therapeutic virtues. Through this universal language, vocals are addressed to everyone, without any distinction. It's a real sensory, emotional and body stimulant. This artistic expression takes precedence, there, where is no more communication. Its expressive force is then seen tenfold thus the accessibility to the latter is becoming rare. We therefore offer interventions in care facilities with an atypical public in order to restore, maintain or improve the social, mental and physical capacities of each person involved.

AREAS OF WORK

- › **Body warming:** body preparation to find resonances, breath management, relaxation, inner listening, concentration.
- › **Voice timbre exploration:** sound management, articulation, spoken and sung voice.
- › **Initiation to rhythm:** voice/body link through bodily percussion.
- › **Exploration of various emotional registers:** immediacy of perceptions and relationship to oneself, exploration of physical sensations through the perception of one's own voice.
- › **The role of the body:** « let go » exploration.

PEDAGOGICAL OBJECTIVES

- › Encourage relationships, exchanges and blossoming of an "atypical audience" through listening, vocal practice, mental, emotional and bodily implication.
- › Use music as an expression medium to facilitate dialogue and recreate a social link.

AUDIENCE

- Retirees (retirement homes, gerontology centers), children, adolescents and adults in difficulties (homes, centers), persons with disabilities (mental and/or physical)

INTERVENER

Selection of interveners by IIWM's Arts and Pedagogical Committee

DURATION

1/2 day