

## **BFA Voice Workshop**

### **Freeing the Instrument: Voice, Vibration, and Touch**

A two day Voice Workshop led by Eliza Ladd for the BFA: Performance at Naropa University

This workshop will emphasize a physical and experiential approach to voice. We will be using hands on contact and touch as a way to unearth presence, space, and vibration. We will practice work that address the ‘muscular defense system’ in order to free ourselves from tension and habit so that we can experience our natural responsivity – both physically and vocally. And then we will play with improvisation, with voice and body percussion / resonance, and with text, sound, and song as ways to further develop and discover our capacity for vocal freedom and expression.

This workshop is a chance to play, to discover, and to share; an opportunity to enter the archeological dig of voice work while simultaneously enlivening and activating the imagination.

I encourage you to study yourselves, developing your intuitive sense of awareness and spirit in our process. And, to reflect on what you find, both verbally and in writing.

The two texts we may use are:

1. Excerpt from The Four Zoas, Night V, by William Blake and,
2. Way Over Yonder, a song by Carole King.

## **Day 1**

### **Session 1 10 -12:30**

\*Check in and one thing to share

\*Shamelessly Brag, or celebrate one thing about self

\*I check in about my work, read contemplate quote, Linklater quote about tension.

\*Voice Pictures

My voice as it is now

My voice as I would like it to be

A dough body with “what is in the way” obstacles, in it

Write a’ poem to my voice’

Speak it aloud to us, and share, talk of picture

\*Personal writing reflection

\*Magnetic Hands and Muscles through the toes on self

### **Session 2, 1:50 – 3:20**

\*Reveal, not describe, quartet quote

\*Ball Routine 1, the Archeological Dig, incl. breath, touch sound, ease,

\*Stand up bringing ground, circle walk,

\*Circle check in, what you are aware of, specifically

### **Session 3, 3:30 – 5**

\*Rhythm of Life – Chicken Beat

From floor, to walk in unison, to vocal body rhythm improvisation,

Circle of celebration and mourning

Small group compositions using chicken rhythm, Dynamic (pitch, volume, tempo), and spatial configuration, and moving through space

Share the compositions

\*Writing reflection

## **Day 2**

### **Session 1, 10 - 12:30**

- \*Check in
- \*Snake run; follow the leader out of breath
- \*Long warm up floor – sit – stand, contact, breath, muscles, vibration, solo, partner,

### **Session 2, 1:50 – 3:15**

- \*Sounder and Mover Pairs
- \*Solo – al at once, share
- \*Vowel Tree
- \*Consonants
- \*Articulation
- \*Experiment with words from Blake text – sound just vowel, just consonant, embody / explode a juicy word or image,
- \*Share sound body word image with whole group

### **Session 3, 3:30 – 5:00**

- \*Way Over Yonder

Learn song, rhythm, lyric, and melody

Perform for each other

Whole group

Half groups

Walking, with some riff

Close standing circle, vocal deconstruct of song

- \*Personal writing reflection
- \*Feedback forms
- \*Check out circle, share one insight