



WHAT & WHEN

Friday 29th of march
“Awakening Sacred Sound”
Concert 21:00
Saturday 30th of march
“Vocal Freedom and Harmonics”
Workshop 10–18:00
Sunday 31st of march
“Healing with Harmonics”
Workshop 10:00–18:00
Monday 1st of april
“Voice Coaching”
Individual sessions 10:00–18:00

WHERE

The Shakti Centre
101A Jervois Road, Singapore 249058
www.chakrama.com

CONTRIBUTION

Concert: donation
weekend 150 \$ / 1 day workshop 90 \$

INFORMATION

The Shakti Centre, Rebecca Pflaum
Email: rebecca@chakrama.com

TEACHER

Igor Olivier Ezendam, singer, multi-instrumentalist
and voice coach. Details about his concerts,
workshops and voice coaching on his site:
www.feelingsound.com

“Everything opens up if I allow my sound to come out...”

AWAKENING SACRED SOUND



friday 29th of march - concert
AWAKENING SACRED SOUND
saturday 30th of march - workshop
FREE YOUR VOICE
sunday 31st of march - workshop
HEALING WITH HARMONICS

The Shakti Centre
SINGAPORE
29/31 MARCH
Awakening Sacred Sound

workshop saturday 16th of march
Free Your Voice!

*Vocal freedom and Harmonics:
awakening Sacred Sound*

Overtone singing, a traditional singing style in Tuva, Mongolia, creates a double sound in the voice: above the fundamental note a very high whistle-like melody appears. Igor Olivier Ezendam, Dutch singer, voice coach and multi-instrumentalist with 11 clear overtones in his voice, presents some of the techniques that best develop these harmonics in our voice.

'Free Your Voice' is a vocal training program open to and aimed at anyone wishing to explore the vocal instrument in 360 degrees, for pleasure and healing. A search for psycho-physical and vocal relaxation in order to unleash our natural expression, vocal freedom!

This course is designed to help free, feel and love our voice, to discover the power of life energy through our emotions. 'Free Your Voice' is an inner journey in good company, a "Voice Quest" to discover ourselves through the sound of our voice.

The principles we follow here are simple: opening up to the new, sensitivity, courage, awareness and self-esteem. The singing techniques used are: improvisation, Toning, overtone (diphonic) singing, mantra and shamanic chants from different cultures.

"Voice Coaching": in conjunction with the course Igor offers individual sessions on vocal freedom and harmonics on monday 18th of march. For more detailed information about the course material please visit www.feelingsound.com.



workshop sunday 17th of march
Healing with Harmonics

*Teachings about Sound Massage:
applications of sound on the body*

The application of sound vibrations on the body requires great compassion and comprehension for the person you are playing for, but also a lot of confidence that what is coming out is the right sound to help the person. This course presents steps to be more at ease in singing freely and improvise effortlessly for another person.

"Intuitive Sound Diagnosis": using the harmonic scale as an analysis of the physical state of being as well as the 'soul frequency'. Vocal harmonics are connected to the energy centers of our body, the chakras. Singing harmonics for a person you can feel where the tensions are in the body. Igor will demonstrate the use of overtone singing as sound analysis, as well as the application of the vibrations of the Australian Didgeridoo and frame drums for tension release.

Your intuition is the main guide when starting to apply sound on another person. You learn to feel changes inside your own body as you express the sounds you feel are needed to unblock the free flow of energy in the other person. Certain sounds bring serenity, but not to everyone: for some people one needs to make louder or softer sounds to stimulate the energy flow.

"The Crystal Voice": in order to be able to effectively use the voice as an instrument of healing it certainly needs to be as 'clean' as possible, that is, the most complete release of blockages and inhibitions. We'll take our time to free the voice and body with breathing exercises, movement, relaxation and listening.

