

## **Masterclass/Workshop for singers**

**Kirsten Schötteldreier**, *Voice-Performance-Energy-Coach, musical direction, casting advice*

*Coach for singers, actors, instrumentalists & conductors with studios in Amsterdam, Berlin, Munich, Vienna & Paris*

*Main Coach of the new Operastudio „, Opera de Lyon “*

The Workshop will start with 20 min introduction and work with the whole audience to let them experience some lead-in examples from Kirsten's breathing method and gain a more relaxed state of mind for a higher level of listening to the further activities. Then, three preselected professional singers—the active participants from the Masterclass, will be introduced to Kirsten Schötteldreier's training system to work with their repertoire. The singers also learn how one can reach a focused but calm & connected state of mind for singing. The method consists of a combination of transformational breathing exercises with soft *chi-kung* movements and holistic vocal techniques to activate and gain more control over the fine muscular breathing system, which is a quick way to achieve a free and authentic sound. This method also helps to integrate good articulation in the musical phrases while keeping a fluent vocal resonance at the same time.