



Work In Harmony

Workshop Syllabus

The Workshop

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Warm-up: to be done before every time you sing

- Optimal preparation before embarking on any new project is key to success.
- Learn techniques to concentrate, prepare, and get energized to take on new challenges.

Exercise Set 1. Correct Breathing Technique/Building Vocal Facility

- Good communication generates achievement and productivity.
- A "we're all in this together" approach encourages teams to take part and bring their skills to the table.

1. Deep breathing correctly.
2. Begin to work with making a tone on a vowel (Two finger rule [you should be able to put the tips of your index and middle fingers vertically between your teeth during any vowel being sung])
3. Sing with adding consonants
4. Build facility with speaking

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Exercise Set 2: Supporting tones

- The techniques of providing physical support to tones apply equally to individuals and to the team.

1. Supporting tone with your breath

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Exercise Set 3: Vocal quality

- Proper application of vocal and listening techniques provide a crucial link among the creative process, generation of new ideas, and the confidence to express them.
- Learn listening skills to ensure that each expression enriches the individual and the group.

1. **Pitch: difference in vibrations (Use face, e.g. eyebrows, smile. Tricks and hints.)**
2. **Resonance: head, chest, falsetto (resonators: larynx, pharynx, bronchials, sinuses, nose, neck, chest cavity, cranial cavity)**
 1. Placing voice and where you imagine it (ahs)
3. **Listen to yourself (Stand with one hand held out about four inches away from your mouth. Point your palms slight to one side and then on that side, place your other palm next to your ear.**
4. **Dynamic quality (importance of breath when singing quietly)**

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Exercise Set 4: Singing with Others

- Sing and work together harmoniously.

- Gain confidence, build a common focus, and increase motivation.
- Blend voices, and also blend skills to succeed.

1. **Blend**

1. a. Circle exercise focus in and listen to each other. Sing to a common focus.

- Generate confidence, creativity, and the desire to achieve. Support and encourage each other to learn, grow, and strive for success.

1. **Intro to harmony**

1. Connection through harmony exercise
 2. Moving notes (group a. G, F#E F#. Group b. D A D. Group c. D B A)

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Exercise Set 5: Caring for Your Voice

- Attention paid to self-care provides motivation for productivity and success.

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