



A Doorway to Discovering Your Voice and Your Self

A Linklater Voice Workshop
Led by Susan Main
At the Wild Project, 195 East 3rd Street, NYC

Saturday April 26, 2008. 10AM to 5PM

From the moment of birth, a human voice has the potential to express a vast spectrum of emotion; it is also capable of revealing the most delicate nuances of thought. In essence, our voice is a manifestation of who we are. Often, in the process of “growing up” and learning to be “well behaved,” parts of our instrument (our voices, bodies, emotions, intellects, and spirits) become blocked. Our “adult voice” has been shaped by these experiences and also reflects who we are now—all our physical, emotional, psychological, energetic and spiritual “blocks” included.

The aim of this workshop is not to *fix* or to *change* your speaking voice. Your voice is unique to who you are. No one in this world has your voice or ever will! What you will gain from this workshop is CHOICE. When you become aware of the blocks and vocal habits you have developed, you can then CHOOSE to work with/through them. The goal is not to impose or to develop an “ideal sounding voice,” but to empower you with awareness and the freedom of choice. **Embracing the power of choice and embracing greater freedom in your psychophysical self can only result in your voice becoming more fully an expression of YOU;** developing into a complete, rich, powerful, spontaneous, free reflection of who you truly are.

The workshop will introduce you to the methodology developed by world-renowned voice teacher Kristin Linklater. It will offer you a progression of exercises designed to free, develop, and strengthen the voice, providing:

- Increased Physical Awareness
- Increased Awareness of the Breath
- Increased Awareness of Vibrations and their Amplifications
- Freeing and Opening the Channel for Sound
- Connecting Emotions, Impulses and Thought to Sound
- Exploring Resonance, Range, and Articulation
- Applying Techniques to the Spoken Word

Designed for beginners and advanced Linklater students, actors, teachers, lecturers, public speakers, and anyone who wishes to unlock their true voice and to enrich their communication with the world.

Rediscover the connection to your voice that is your birthright!

ONE-TIME SPECIAL INTRODUCTORY RATE of \$145

Reserve your space or for further information please contact Salomé M. Krell at smkrell@gmail.com.

Susan Main has been teaching voice and movement for over 10 years. She is based in New York City and is a Certified, Designated Linklater Voice Teacher, trained by world-renowned voice teacher Kristin Linklater. Susan currently serves on the faculties of the Actor's Studio MFA program at Pace University, the Linklater Center for Voice and Language, and the Larry Singer Studios. She has taught voice and/or movement on the faculties of New York University, Emerson College, Massachusetts Institute of Technology, and Boston Conservatory. Susan also works actively as a private vocal coach both in New York City and abroad, regularly conducting voice workshops in New York, Italy and Australia. Her students include politicians, corporate executives, and Broadway theatre, film and television actors. At present, she is the vocal coach for a piece for the Bill T. Jones/Arnie Zane Dance Company's 25th Anniversary Season, debuting in 2008 at the Brooklyn Academy of Music. She has served as a voice and movement coach to theatre companies in Italy and Portugal. In 2005, she co-produced and served as script supervisor and assistant director on the documentary *Giving Voice*, filmed in Stromboli, Italy, featuring Kristin Linklater. This summer, she is returning to Stromboli, to conduct a workshop with an international collaborative of theatre artists, exploring the work of Ovid's *Metamorphoses* in the translation by poet Ted Hughes. Susan holds an MFA in Theatre Education specializing in voice and movement from Boston University.

Testimonials:

"This work with Susan simply transcends any thought or idea about the voice, the body, even about my place in the world. In a subtle, yet complex manner you are asked to accept your life as lived before you with the intention of rediscovering the voice that has always lived within you. And if I am not making any sense--Wonderful! That is the beauty of working with Susan. Her graceful and passionate illumination of this work, her use of wildly stimulating imagery guiding you into and along this journey, and the necessary trust that she instills in you as a student, has allowed me to discover a realm of experience that is so alive and present, one cannot help but be moved by watching a person so in themselves, yet so fully engaged with the world. This place of existence is essential for the artist, but also for anyone who breathes. I know that this work is crucial for my development as a human being and an artist, but I also know that it is Susan who has led me to and through this doorway of discovery".

-Jay Devore, actor, NYC

"Susan Main is a magical combination of sensitivity and practicality. She comes to training the human voice with a breadth of knowledge that has been selectively shared by some of the world's most eloquent and versatile teachers of body and voice. Coupled with her curiosity for understanding humanity, Susan is equipped far beyond many who might assume to take on the intricate task of nurturing and developing the human voice".

-Lucy Cornell, director of Voice Coach, a corporate consulting firm, Sydney, Australia

"Last year, I had the great pleasure and the great privilege to study with Susan in Rome. It's one of the most important and great experiences of my all life. She taught me how important breathing is, she gave me the joy to breathe. Susan stimulated my curiosity a lot and allowed me to know more deeply my voice and made me understand how important it is to take care of it. Her work fed my heart, my soul, my spirit and every single muscle of my body. We worked a lot but we also had a great time working together. Every time I think about her work I can feel my heart full of emotions and joy. I learned 3 key words for my life I want to share with the world:

BREATHE

SIGH OF RELIEF

HUH HUH."

-Francesco De Vito, actor (*Passion of the Christ*), Italy