

The logo for 'The Movement Arc' features a stylized arc composed of 18 triangular segments. The top half of the arc is in shades of green and teal, while the bottom half is in shades of yellow and light green. The text 'The Movement Arc' is centered over the arc in a dark green, serif font.

The
Movement Arc

with Hana, Amanda and Veronica

Main roles of the EMF

- To See/Witness/Observe
- To Narrate/Guide
- To Co-Create Structures for Inquiry (structure can include to support expression, containment, grounding etc)
- To Invite Play/Discovery
- To Move for/with, alongside, in relationship
- To Reflect

Warm-Up (10min: student led)

Feedback: Noticing what was your

experience of the two warm-up facilitators?

-What did you enjoy most and find useful?

What are you more connected to or aware of

in your body? AND write down: What, if

anything, might you suggest as an area for

improvement or consideration?

-Send this feedback to Monica by 'Chat' for her to collate into an email for the 2 students leading.

The VOICE



"I believe that every sound has a movement and every movement has a sound." Mike Massey

Image: create

“What is your relationship with your voice?” Create an image with your art supplies. (5 minutes)

Followed by Journaling (5 minutes)

- What is your relationship to your own voice? Write a few words. Then consider the questions: • Have you ever been impacted by another person’s voice: what comes to mind?
- Have you any injuries around voice? Physical, emotional or other.
- Do you feel that your voice is welcome in the world? Did you ever feel “silenced”? What do you notice in your body when you feel silenced?
- Do you feel your body supports your voice well at this time?

Voice tells our story....

Our Voice Tells Our Story for Us, just like our body does. Our Voice is Our Body! The Voice is IN the Body.

So the things that our bodies encounter and live through in life, the stories we live through, environments, family, culture, education, impacts upon the voice.

We cannot work effectively with the voice, without working with the body. Our vocal chords are impacted by tension in our bodies. So expansion and tension release is a goal, bringing back playfulness and freedom of voice. (LBMS: Growing and Shrinking movements important for supporting base level awareness)

Psychological imprints into our use of our voice are many!

The things that were and are welcomed socially impact the voice; the things we were and are able to say, as well as things prohibited impact our connection to our voice.

What **IS** our Voice?

Some ideas from Voice-Movement Therapy

- The 'Acoustic voice': How do I sound? Your voice is uniquely yours through the acoustics of the sound of your voice.
- The 'Metaphorical voice': Your idea and belief about yourself and your sense of self and what you have to say in the world, your opinions, your beliefs.

These two aspects of the voice are mirrors of each other.

- **Example:** Depressed person, what does their body tell you? What is their body posture? Imagine what that person sounds like? What do we imagine their voice sounds like? With depression we may find the vocal range is limited (same with trauma: we lose the prosody of voice too).
- Now imagine the opposite, someone truly empowered...how do they hold their body, how do they move? What is the feeling you get when around them? What kind of qualities of sound do they make? Is it expressive, textured, rich?

Isn't this interesting to think about how the metaphorical voice is mirrored in the acoustic.

Vocal mechanics: You are a born resonator

Solo-Play!

Feel the movement of your lungs, diaphragm, your breath support, the vibrations of your vocal chords (as you make a simple sound).

- With your voice sensing these mechanics as you speak, as your hum, as you growl, click your tongue etc, just play freely with making sounds:

Shake it out, horse lips, sighing...etc. Sound into the planes as you move your arms.

Humming while touching body (high humming, low humming).

Playing with different voices (Elf, Queen/King,

Dragon...add your own archetypes) while touching body.

To music: Rolling on ground and then level changing as you sound along to a song. You are the instrument, not just singing the melody but finding your own contribution to the song or toning to sounds you hear.

Sound the elements (consonants and vowels):
Water, Fire, Wind, Earth/Rock.

Notice how sounding may invite movement and vice versa with any of these explorations.

Working with Voice Warm-ups

GOALS: To reclaim the voice and wake up its prosody/playfulness,

range, expand breath connectivity.

3D Shape Flow Support: great way to begin.

You have the tools of Kinesphere awareness.

- 3-D turning/moving breath opener: creating internal space for yourself. (***The Spiral of Maximum Stretch***).
- Now sound with it: Ah, Eee, Oh, Ooo, Ay, Eh (Bring the sound into the Front, Sides, and Back of you, as well as the centre of you: feel how you can make sounds within this **sphere**).
- Lunging on INHALE and centering on EXHALE to support tension release. Now sound on the exhale.
- Connecting in to other senses: The FLOWER image for diaphragm.

Flower image/scent memory evoke

- Imagine the most beautiful flower you have ever seen: bring the colour, texture, smell to mind, and as you breathe in with each breath use your clustered hands to open up that diaphragm space. Feel your flower opening into full bloom. No rush!
- Think about the smell of the flower (or freshly baked bread, or perfume of your lover). Notice how a memory of smell can affect the breath. Notice the tangible change and find the grounding.
- Now sound the memory of that experience.

Partner Room Play!

- Have a conversation only in Jibberish while gesturing. Let yourself be silly! Explore the range of your voice.
- Creating Sounds and Gestures to go with the sound: Mirror each other.
- Soundscape as if you were creating a painting of sound in the space between you.
- Find different ways of supporting the voice using your body and its many systems (discuss in partners: decide on a system to sound from).
- Practice saying NO, and YES in as many different voices as you can create! (opera singer etc)

Allow yourself to dance and sound

along to someone else's voice/music

Noticing how this sounding and joining the sounding impacts affects you, your voice, your body.

Inspiration:

https://www.youtube.com/watch?v=VsLNd_WuhQ&t=1s

- Tuvan Throat Singing is really interesting to evoke new experiences:

<https://youtu.be/qx8hrhBZJ98>

Ways to support sound-making

Imagery: imagine yourself as a hollow reed you are moving around through, or a flute, or things that also make sound or resonate sound.

-Allowing different parts of the body to speak or sound.

-**Free Association Sounding:** where one sound leads to another, can be done in relationship.

-**Playing the Echo Game:** you lead, they respond and vice versa.

-**Allowing yourself to be a character**

-Using music to sound or tone/hum along to different sounds/tones.

-**Shift levels with movement** (how does the body want to sound as its rolling etc)

-**Ask your participants:** How would that movement like to sound?

Is there any sound there? Find your own cues and questions!

-Allow the sound to come **from your organs**, from the inside of you.

Simple ways in: Toning, humming, Oming, gurgling, shaping the mouth in new ways....making baby sounds, animal sounds, sounds of the elements/nature. You will be modeling these for your participants in EMF!

Dance Play with Group: Share

Soundscaping: Tell the story of your relationship to your voice.
Maybe you soundscape your drawing or writing from earlier!

- We can bring awareness to the **self as voice, and our relationship to our voice (you help your participant to notice this).**
- Noticing: Are we in a state of contraction or expansion in our body that impacts the freedom of our voice?
- And how can we begin to modulate that in every day life? Freeing tension, expanding.

How do LBMS themes relate to VOICE?

- Inner-Outer
 - Exertion-Recuperation
 - Stability-Mobility
 - Connectivity-Expressivity
- Exploring (vocal) polarities, we become whole.
- Experiencing our wholeness, we heal and develop.

The VOICE is part of our wholeness, it's generated by our body and it is an essential tool for self-expression.

- Sound naturally generates as we move, if given permission.
- All of these main themes can also weave into our work with the voice.

Resources:

We encourage you take a look around the world and see what different cultures are doing with interesting sound making or voice therapy:

Tuvan Throat Singing:

<https://youtu.be/qx8hrhBZJ98> (many examples)

Voice-Movement Therapy International:

<https://iavmt.org>

On the History of Voice-Movement Therapy

<https://youtu.be/LCYYR9Kpfuc>

Add your own!