

## G44 Proel Method for singing

The discovery atelier of the Proel Method (Proprioceptive-Elastic Method) is a session in which this method, which can improve the voice quality and the vocal projection decreasing the vocal fatigue, is illustrated.

It is meant to increase the proprioception of the vocal tract through unusual sensory "bombarding" sensations of vibration, ice water pressure, counter-resistant kinetics in order to achieve a relaxation of laryngeal and neck muscle stiffness and to obtain elasticity through facilitating postures, unstable balance, and body movement.

After the theoretical part the participants will be invited to try the exercises singing before and after them, in order to check their effectiveness and experience the "lightness" of singing without muscular tensions.

Proel Method can be adapted to all types of singing from heavy metal to lyrical singing. It is also indicated for hyperkinetic hoarseness and many organic affections as nodules, oedemas, small polyps, reducing in some cases the indication for phono-surgery.

date

**Monday 30 July**

for

**mixed**

where

**Parco Michelotti, Casa della Giraffa**

## Isabelle Fini-Storchi (IT)

Mrs. Isabelle Fini Storchi was born in Florence on the 08.06.1967. In 1993 she graduated with honors and praise with an experimental thesis on the Non-Hodgkin's lymphomas. In 1993 she entered into specialization in Otolaryngology, resulting the first in the admission examination. In 1995 she won the prize of the Italian Society of Otolaryngology and Neck Facial Surgery and in 1997 she won the prize "Prof. Hector Alajmo" at the fifth Regional laryngectomees Convention.

