

G64 Voice and Physique

This atelier is all about the combination of Voice and Physique which is based on the method/philosophy "Voice & Physique" by Panda van Proosdij. Apart from creating a healthy position of the body while singing, this method and philosophy contains three important interrelated components: energy, concentration and focus. Working on these elements can increase the level of musicality and dynamics which can result in a higher level of performing. Next to a supporting way of using the body it's important to choose functional motion to add to the singing.

How much motion do singers need? Which movements are suitable for which musical pieces? These questions and more will be answered in this practical atelier on the basis of all kinds of exercises and tips and will give you insights on a different way of looking at a warming up.

Panda von Proosdij (NL)

She studied at the Rotterdam Dance Academy in the Netherlands and various theatre courses for example in Azzano(Italy), Wiesbaden(Germany) and New York.

date
Tuesday 31 July

for
mixed

where
Caffè della Caduta



visit website
pandavanproosdij.com