



MOVEMENT FOR SINGERS

TUESDAY, JANUARY 26, 2021

3 – 4:15 PM

ON ZOOM!

The New Year is the best time to create new habits! Sitting or standing in front of the screen (or during regular rehearsals), does not allow for free movement of the body and breath. Make time to incorporate movement in rehearsal to build body awareness, increase breath support, bring mental focus, build trust among choristers, reinforce articulation and rhythmic patterns, and connect with the meaning of the music. Correct alignment and free movement will also result in a more energetic and resonant sound!

"Rosen Method Movement is a system of simple, gentle, range-of-motion movements that encourage students to move the way their bodies are designed to move, with the goal of helping people of all ages and physical abilities find ease and delight in their own bodies and in the movements they perform in their daily lives."



Join Sarena Mynhardt (Conductor – Inspirito Vocal Ensemble) and Pat Hepper (Certified Rosen Movement Teacher) for an introduction to this gentle movement practice.

\$10 INDIVIDUAL REGISTRATION
(FREE to current BCCF individual members)

Secure your space online at bcchoralfed.com/movement

\$50 CHOIR REGISTRATION
(Allows any singer in that choir to take part)

Ask your choir President to apply on behalf of your choir

This online workshop is geared toward (but not limited to) Lifelong Singers, particularly adults and seniors.

Learn more and register at bcchoralfed.com/movement