



BiP™ Voice Training, teaser course ***Saturday 28nd of September 2019, 10-17***

How to cherish the autonomous functions and natural reflexes in order to reach a free and sustainable voice? What happens if we instead of making the sound we combined expression with text and phonemes to reach an honest interpretation?

BiP™ (Balance in Phonation) Voice Training, developed by Ritva Eerola, Finnish voice teacher and speech therapist, is applicable to speaking voice training and to both classical- and non-classical singing. In singing, BiP™ aims for the ideals and the voice quality of the old Bel Canto tradition, while in speaking voice training and voice therapy, BiP™ focuses on the individual, healthy and easily produced voice.

The name “balance in phonation” refers to a suitable balanced relation between the adduction of the vocal folds and the subglottal pressure. When there is optimal balance, the vocal folds can achieve larger vibrations and thereby get more volume in the voice with less air pressure, hence the vocal folds will work softer and the voice stay healthier. Exercises used in BiP™ are meant to raise awareness about the psychophysical function in the body and enhance the body-mind-connection to accomplish a free and expressive voice. *More about BiP™: <https://bipvt.net/bip-voice-training/>*

The course will include both lectures and workshops and give you a nice introduction to this holistic, body-mind-connected training. It presents wonderful alternative ideas on concepts such as breathing and support. The course is open for singers, singing teachers, speakers and speech therapists who are interested in learning more about BiP™.

Teachers: Susanna Metsistö, speech therapist, Helsinki and Helene Lux Dryselius, singing voice teacher, Stockholm,

Location: Roihuvuoren kirkko, Tulisuoontie 2, 00820 Helsinki

Price: 160 €. *The registration is binding. No refund but a participant can transfer their spot to a substitute. (Teaser course participants are welcome to attend for free Sunday September 29 11-17 at the annual "BiP™ day" where practical BiP™ voice training will be demonstrated. Normal fee 25€).*

Sign up: meri.metsomaki@helsinki.fi before 31st of August.