

**Feldenkrais Method and Voice Workshop**  
**with Anita Morrison**

*Singing teacher and Feldenkrais Practitioner*

## **Building your house**

***The skeletal structure as a support for  
healthy singing***

*“...a good bodily alignment  
is the beginning of efficient  
breathing and fundamental  
to healthy singing.”*

*Meribeth Bunch ‘Dynamics of the  
singing voice’*

**The Feldenkrais Method  
helps us to learn to  
observe ourselves in a  
non-judgemental way,  
noticing habitual patterns  
of movement and opening  
up the possibility of more  
options in order to  
improve our alignment  
and support healthy  
singing.**



**Sunday May 15<sup>th</sup> 10.30-4.30**

**Urdang Academy**

*The Old Finsbury Town Hall, Rosebery Avenue, London, EC1R 4RP*

**Book through [voiceworkshop.co.uk](http://voiceworkshop.co.uk)**

**More information at [wholeselfsinger.co.uk](http://wholeselfsinger.co.uk)**