
singing as life practice
SONG
STORIES
NOV: DEC: JAN
2.5HR WORKSHOP
HAYDON BRIDGE

OUR VOICE IS BOTH OUR BIOLOGY AND OUR BIORGRAPHY

Voice is inseparable from ourselves. No matter who we are, or how we sing To explore our voice means eventually, meeting our bodies, our imaginations, and our own histories.

When we add folk song to the mix, we begin working with landscape, culture, and the stories of those who sang before us.

When we introduce polyphony—multiple voices—we meet community. We enter the dance of listening to and seeing others and their stories, while simultaneously holding our own voice steady. Ultimately, all of this builds the ability to listen deeply to many things at once, allowing them to dialogue within us.



WHO IS IT FOR?

These 2.5 hr tasters are for everyone, from the person who things they are tone deaf but really wants to sing, to the person who was asked to be quiet and just mime, to the music school student who stopped playing all togetehr and misses to the music that they feel was educated out of them.

It is for the mover, the mother, the sailor and the son. It is for the bussiness manager the AI developer, the health worker and the singer.

It’s for EVERYONE.

No previous singing experience required. The songs are taught by ear. Curiosity and openness is all that’s needed.



WORKSHOP OUTLINE

ABOUT

This 2.5hr embodied voice workshop explores voice through body and the imagination.

Through group movement, gentle vocal warm-up, and polyphonic folk song, the workshop invites a taste of how voice can reveal, expand, and change us.

WHAT TO BRING

Please come in loose fitting clothes for movement. Work happens in bare feet, so do bring socks and warm layers for more static moments.

All songs are learned by ear and through the body. Please bring a pen and paper to note down words. There are no phones or recording during the class, but we will make sure to record our song together at the end.

Please let us know of any learning or physical needs so adaptions can be made where possible.

HAYDON BRIDGE | **THE OLD CONGREGATIONAL CHAPEL** | **NOV: DEC: JAN**



CONTACT

For any queries please contact you can write to: singingaslifepractice@gmail.com

DATE/TIME

- November 8th 11-13:30
- December 20th 14:00 -16:30 + solstice fire
- January 31st 11-13:30

PRICE

Standard: £30
Supporter £35
ALL THREE: £95

Cancellation: Please let us know a week in advance if you cannot come.

ABOUT EMMA BONNICI

Recently moved to Haydon Bridge, Emma Bonnici works internationally as a performer, singer and teacher. Her practice is rooted in Grotowski inspired Polish physical and vocal theatre. This is coupled with extensive vocal work and research which has taken her from studying at the Met Opera House in New York to expeditions to meet authentic traditional singers-across Eastern Europe, Sicily and the Western Isles of Scotland.

In 2015 Emma was invited to give a TedX about her work: The Power of the Voice - youtube

She is the founder of Singing as Life Practice. For more information about her work: http://www.singingaslifepractice.com-



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