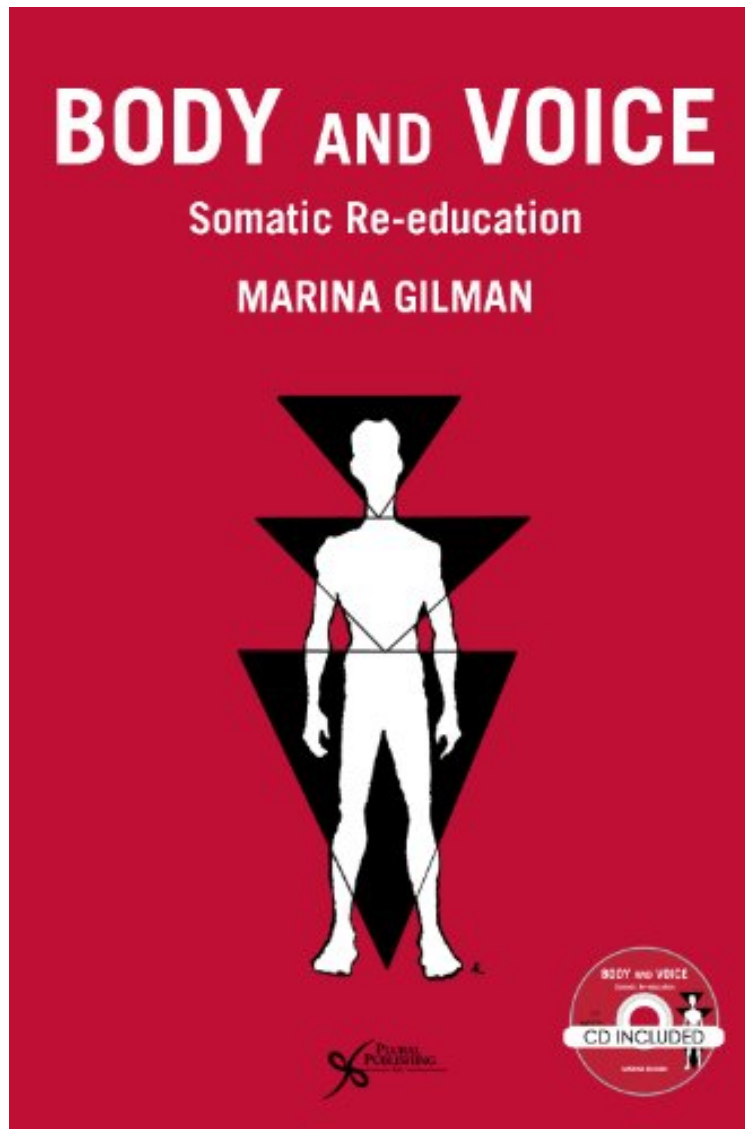


[Download free pdf] Body and Voice: Somatic Re-education

## Body and Voice: Somatic Re-education

*Marina Gilman*

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#1129970 in Books 2014-06-02Original language:EnglishPDF # 1 .50 x 6.00 x 8.90l, .0 #File Name:  
1597565091272 pages | File size: 43.Mb

**Marina Gilman : Body and Voice: Somatic Re-education** before purchasing it in order to gage whether or not it would be worth my time, and all praised Body and Voice: Somatic Re-education:

0 of 0 people found the following review helpful. Yes, yes, yes!By lightThis is a life changer of a vocal book. I don't know what kind of sorcerer made this book, but the exercises are magical. After I have followed the CD, I find my voice singing fuller, and being able to hit a higher range with less strain. It's magical.1 of 2 people found the following review helpful. Five StarsBy KatieA great resource.4 of 4 people found the following review helpful. A must-have

book for singers, voice teachers and voice pathologists By Andrew This book is an excellent resource for any singer, voice teacher or voice pathologist. It is easy to read with simply written, highly effective lessons. The audio CD nicely augments this book. I highly recommend this as a must-have for any voice library. Marci D Rosenberg (voice pathologist, singing/voice specialist)

Body and Voice: Somatic Re-education is an excellent resource for teachers of singing, voice coaches, and speech-language pathologists who work with singers and other voice professionals. It provides a new paradigm for working with singers in a way that allows for improved kinesthetic awareness needed to work with their body rather than against it. The text contains a series of lessons designed to train singing teachers, coaches, and voice therapists to recognize in their students the patterns of use and posture that interfere with respiration, phonation, and/or resonance. In addition, it provides tools for the teacher to guide the student to a level of self-awareness of habituated patterns along with strategies to implement change from the inside out. Few pedagogical or therapeutic approaches provide any training in the recognition of the subtle, indirect patterns of use, stance, or tension that prevent students from relaxing the jaw, releasing the breath, lifting the palate, or any of the other demands teachers make to get them to sing well. Even when the teacher recognizes that there is a problem, the knowledge of how to retrain the student's neuro-musculo-skeletal system in order to effect real change and self-awareness by the student is often limited or lacking. Body and Voice: Somatic Re-education addresses this need. This book begins with a brief definition and theoretical overview of body reeducation, its principles and applications. Subsequent chapters teach how to recognize poor body dynamics. The final chapters provide specific lessons as well as guidance for independent explorations that will increase the student's kinesthetic and body awareness. A CD-ROM containing the lessons described in the book is included.

"...The ease of reading this book is attributable to the very clear organisation, integrating theoretical background, interesting and relevant case-studies with verbatim dialogues with students, supported by excellent illustrations. The CD included further demonstrates the practical aspects of having a conversation with the students nervous system, rather than through their conscious, cognitive mind. By hearing the authors instructions one appreciates the appropriate pacing and pausing to allow time for processing..." --Helen Sjardin, Australian Voice Association - VoicePrint (2015) About the Author Marina Gilman, MM, MA, CCC-SLP, holds an MM in Vocal Performance (Ithaca College) and an MA in Communication Disorders (Northwestern University). She is a singing voice teacher, performer, Guild Certified Feldenkrais Practitioner, and licensed speech pathologist with specialization in the singing voice. In addition to serving as head of the Vocal Coaching Program at Cornell University, Adjunct Professor of Voice at Syracuse University, and Adjunct Professor of Voice and Speech at the DePaul University Theater School, she has maintained a private voice studio for over 35 years. Ms. Gilman also taught at The School at Steppenwolf Theater Company summer program.