

*****Strengthening Your Voice***
Taught by Debra Hale
Designated Linklater and Viniyoga Teacher**

**Sunday, March 16
2025**

**10:30 am - 1:00 pm (brk)
1:30 pm - 4:00 pm.**

**Abundance Wellness Center
325 John Knox Rd, Bldg T,
Tallahassee, FL 32303**



What You will Learn:

- 1) exercises that open the throat, specifically for the jaw, tongue, and soft palate
- 2) the “resonating ladder” of the voice from low to high, and apply that practice to the written word
- 3) how to strengthen the major breathing muscles of the diaphragm, ribs (intercostals), and lungs through energetic breath work

Participants will be given a list of the exercises we do to help them continue to deepen their breath and resonance, increase vocal range, and free emotional expression.

Workshop participants will work with a text of their own choosing throughout the session in order to apply the exercises and feel the change in their voice throughout the day.

We will begin with therapeutic yoga alignment work to open up the body and vocal musculature. Through the use of movement, play, imagination and specific exercises developed by Kristin Linklater, students will experiment with physical and vocal freedom to feel the power in their natural voice. The small group will allow time for people to be coached individually and we will end with an opportunity to hear everyone’s work. Anyone who wants to take steps to strengthen their voice is welcome.

Debra Hale teaches Viniyoga at the Abundance and Wellness Center, and continues to teach voice production privately in her studio and in workshops on the west coast. She has taught Voice and Voice & Yoga in California, Chicago, Florida, Honolulu, Thailand, Wales, Greece, Hungary and France. An award-winning professor in FSU’s BFA Acting Program, she also taught Voice, Acting, and Public Speaking at University of California San Diego.

\$75 for 5 hour session

Special Discount for FSU Students

Register at debhalevoice.com

Space is Limited

