

Viva-Voce

Three Days Intensive Workshop



•
HUMANVOICE
ENSEMBLE

www.humanvoiceensemble.com
info@humanvoiceensemble.com

Brief Description

"What happens when one deserts the daily habitual techniques that form our voice and body, constructed by different cultures? What arises first is the de-conditioning of one's perception. Then our attention can be stimulated by the new stimuli. Our tamed voice and mind can at last remember its untamed nature."

This workshop will explore the connections between body, breath, and voice, focusing more on stimulations and biological system. We start with physical awareness to become aware of the Action/Reaction in our biological system to awaken our untamed body. Next, we will focus on our voice and aural systems to de-condition habitual/learned techniques and find natural impulses that can enter our attention field and recall our forgotten voice.

The exercises are aimed at freeing, developing, and strengthening the voice. The ultimate objective is a voice connected to sensuous impulses, shaped by the intellect but not inhibited by it. The emphasis is on unlocking physical and psychological blockages that stifle the human's voice.

During the sessions, we will also have the opportunity to see Persian traditional songs, ancient poses related to ritual-based movements, imagination, and spatial awareness to go back to pure sensuousness. This workshop is based on our work method which uses voice, body, and group activity, inspired by 10 years of deep amazement, training, and research in theater and music.

Progression

Recognition

Introduction to the concept and methodology
The conditions of the workshop

Physical Cycle and Imminence

Working on the natural physical cycles
Action-reaction technique
Active attention

Living Voice

Observing and feeling the sound in the body
Searching for our untamed voice through exploring the vibrations
Working on the personal songs of the participants to
Study the functions of language, culture,
Imagination, and communication.

The Hunters

Awakening of the pure sensuous through deep listening,
Reflections, and organic behaviors in our body and voice.

Vigilance

Group activity through building a state of mindfulness
rooted in ritual ceremonies and mysteries to achieve unity.

Schedule

DAY 01

10:00-11:30 / Awakening

Physical sequence
Ancient dances

12:00-13:30 / Vivavoce

Explore living vibrations

13:30-15:30

Lunch break

15:30-17:00 / Hunter

Extension of senses

17:30-19:00 / Awareness

Extension of communication

19:00-20:30

Vigilance

DAY 02

10:00-11:30 / Awakening

Physical sequence
Ancient Dances

12:00-13:30 / Vivavoce

Sounds in our body

13:30-15:30

Lunch break

15:30-17:00 / Hunter

Extension of senses

17:30-19:00 / Awareness

Extension of communication

19:00-20:30

Vigilance

DAY 03

10:300-11:30 / Presence

Total sequence

12:00-13:30 / Imminence

Necessity of sounds

13:30-15:30

Lunch break

15:30-17:00 / Patience

Rebirth and sheer senses

19:00-17:30 / Resources

Living as a kind

19:00-20:30

Vigilance

Leaders and Mentors

In the Human Voice Ensemble, we focus on performance and research. Our work is guided by the idea of a laboratory where we can investigate our intuitions, previous experiences, and tools. We need to respect the ethos of the group activity where members can share their experiences, learn from, and be responsible to each other. This, we believe, has the potential to develop its own unique language and work methodology over several years of constant practice. Training, practice, and experiences are the keys to HVE, and we try to understand them, by moving between the performer's physical training and vocal experiences. HVE is a group of people who share their experiences in various forms of training and research focusing on movement, and performing arts. Each member of the HVE also brings their unique legacy from several years of executing artistic, educational, and research-based projects to the group. We work both as an ensemble and in smaller groups on the materials that spark our curiosity about the body, sound, and communication.

Navid Gohari

Director and Mentor
Day 03

Sarah Akbari

Performer & Leader
Hunter Section

Mohammad Taheri

Performer & Leader
Physical Section

Arash Fattahi

Performer & Leader
Vivavoce Section

Niloofer Nedaee

Performer & Leader
Awareness Section



Contact Information

Person to Contact

Sarah Akbari
sarah.akbari@gmail.com

General Contact Information

humanvoiceensemble.com
info@humanvoiceensemble.com



HUMANVOICE
ENSEMBLE

Technical Details

Requirements of the Space

- The space's floor should be clean and suitable for barefoot activities.
- The workshop space should have adequate privacy and silence.
- Minimum dimensions for a workshop space: 12 m. Long/ 5 m. Wide

Additional Information

- Maximum Participants: 10 person
- Required cloakroom: 2
- Additional space for gathering and communal lunch. We recommend this to build a deep and lasting relation between participants. (Optional)