

Viva-Voce

Three Days Intensive Workshop



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HUMANVOICE
ENSEMBLE

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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

10:00-13:30 / Recognition

Physical sequence
Ancient dances
Explore living vibrations

13:30-15:30

Lunch break

15:30-18:30 / Awareness

Extension of senses
Extension of communication

DAY 02

10:00-13:30 / Primal Energy

Physical sequence
Ancient Dances
Sounds in our body

13:30-15:30

Lunch break

15:30-17:00 / Primal Energy

Extension of senses
Extension of communication

DAY 03

10:00-13:30 / Live Action

Total sequence
Necessity of sounds

13:30-15:30

Lunch break

15:30-18:30 / Total Sequence

Rebirth and sheer senses
Living as a kind

Technical Details

The following conditions support the integrity and depth of the Primordial Cycle methodology. The workshop is designed to be adaptable and portable, while maintaining essential spatial and environmental qualities

Space & Technical Requirements

- A quiet, empty studio or rehearsal space
- Minimum size: 80–120 m² (depending on group size)
- Capacity for 8–15 participants moving freely
- Clean, safe floor suitable for barefoot movement
- Wooden or sprung floor preferred (not mandatory)
- Ability to reduce lighting intensity (soft or dim lighting desirable)
- Good ventilation and comfortable room temperature
- Minimal external noise disturbance
- The space should allow sustained silence and focused embodied work.

Schedule Requirements

- Duration: 3 consecutive days
- 8.5 hours per day (including breaks)
- Two short breaks (15–20 minutes each)
- One longer lunch break (2 hour)



Participant Conditions

- Maximum: 16 participants
- Minimum recommended: 10 participants
- Participants should wear comfortable movement clothing
- Work is done barefoot or with soft indoor shoes
- * No previous experience is required, but participants must be physically able to engage in sustained movement practice.

Organizational Support

- Space arrangement and access
- Participant registration and communication
- Basic documentation (if desired)
- Local promotion and outreach
- Providing drinking water access

Language

The workshop can be conducted in English. Translation can be accommodated if required by the host organization.

Atmosphere & Working Conditions

- Full attendance across all three days
- No partial participation
- No external observers during sessions unless agreed upon
- No recording during practice unless agreed upon

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

Sarah Akbari

Performer & Leader
Awareness Section

Mohammad Taheri

Performer & Leader
Physical Section

Arash Fattahi

Performer & Leader
Primal Energy Section

Niloofer Nedaee

Performer & Leader
Awareness Section



Contact Information

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