

FOR AUDIENCES

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October 23 - November 13, 2019

The Sounding Body: Vibration and Creation

Company: Movement Research

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Venue: Movement Research

Location: New York, NY

[The Sounding Body: Vibration and Creation](#) with Marisa Michelson

October 23, 30, November 13, 2019

WED 6:30-8:30pm

Movement Research, 122 Community Center, 150 1st Ave, New York, NY

This workshop is part of The Sounding Body, a series of weekly workshops investigating voice and movement.

click [here](#) to register

Pricing structure for Sounding Body Workshop series:

\$180 for entire Wednesday series

\$65 per three-week Wednesday night series with one artist

\$30 for single Wednesday class drop-in

\$40 for Saturday session with one artist

About the Workshop:

This workshop is for humans who want to practice singing and embodied vocal improvisation as a path to being more joyful, empowered and free. Our attention is our most precious asset. How can we use mindfulness to attend deeply to the energies flowing through our bodies, our minds, and the space around us in each moment? How can we cultivate spontaneity and practice letting go? What can we yield, creatively, in the realm of solo or ensemble singing, either improvised or prepared, when we first attend carefully to these aspects of our attention and inner life?

With hands-on demonstrations and touch from the instructor and assistant, we will learn vocal warm ups and exercises that help to simultaneously release, differentiate, and tone the muscles and joints specifically related to the singing organism. Next, we will examine how energies and emotions move through space and through our bodies, animating our impulses and providing us with inspiration for sound-making. We will practice mindfulness and Deep Listening as a way to tone our ability to concentrate and to hear. We will investigate the idea of the "gesture," the internal motivating energy that lies behind the external music or sound that we create. We will practice releasing our inhibitions by improvising wordless pieces for moving voices. For those who take the full series, there will be an option of working with Marisa towards sharing a short, improvised vocal solo. If interested, participants will also be invited to work on a specific song or piece of music (contact Marisa ahead of time to discuss).

This class will meet you October 23, 30 and November 13.

About the Artist:

Composer|Singer MARISA MICHELSON is a multi-award winning writer of interdisciplinary music-theatre, choral work, and musicals, and is the founder of Constellation-Chor, a vocal performance ensemble whose "sonic expressions, from ethereal sounds to primal screams, animalistic wails and simply breath" have been likened to "vocal innovators like Kate Bush, Bjork, Florence Welch and even Yoko Ono." (StageBiz). In residence at the historic Judson Memorial Church, the Chor engages at the intersection of voice, movement, healing, meditation, storytelling, inner-development, Oliveros' Deep Listening, and music-theatre. Researching the interaction of mind/body/spirit practices with virtuosic singing, the Chor also explores performer as truth-seeker/shaman, and the performance as an invitation to enter into an intimate relationship with the moment and each other. Marisa Michelson and Constellation Chor will be performing as the "moving voices" in a new piece by Ashley Fure with the New York Philharmonic at Lincoln Center in September.

Marisa is also a sought-after voice teacher who has worked with hundreds of singers of all ages and levels and genres from beginners to Broadway stars. Her perspective is grounded in the Szamosi® path (<http://www.liberocanto.org>) which she has studied as a singer and pedagogically for fifteen years. The use and training of the voice is at the center of her work as a composer. Singing reaches into every corner of artistic, intellectual, physio-emotional and spiritual life. Being in intimate relationship with singing, and sharing this relationship with others, is at the center of her life's path and passion.

Accessibility: Movement Research, 122 Community Center is an accessible space. Studios are wheelchair accessible. The second floor office is accessible by elevator. Restrooms are wheelchair accessible and are all gender. Please contact Julianne Rencher, juliennerencher@movementresearch.org or (212) 598-0551 (voice only) for further access requests or questions.

**All classes are subject to change. For the most up-to-date information, please consult the Movement Research calendar: <https://movementresearch.org/calendar>.

Movement Research
150 First Ave 122 Community Center
New York, NY, 10009
2125980551

Schedule
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