

Wednesday, October 15, 2025

## MANX Workshop

Company: MANX  
Compensation: N/A

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Christopher Boudewyns

MANX is leading a dance/singing fusion workshop for dancers!

In the workshop we will:

- 1) Learn about the anatomy behind singing, and why singing is muscle activation (just like dance!), only with sound.
- 2) Learn ways to manage your vocal health and reduce fatigue, especially when teaching
- 3) Use Bartenieff Fundamentals, a somatic movement method, to help better understand how vocal exercises and singing work in your own unique body
- 4) There will also be time for dance/singing improvisation as a full group towards the end of the workshop. This is a great way to experiment with fusing dance and singing together, and let your voice be heard in a kind, welcoming, and supportive environment!

Workshop Date: Tuesday October 21, 2025, 6:00-8:00pm

Workshop Location: MOtiVE Brooklyn, 68 Jay St Studio 621, Brooklyn, NY 11201 (6th Floor)

Workshop Cost: \$20 per person

Registration: <https://www.manxoperaanddance.com/take-a-class>

If you have any questions, please don't hesitate to reach out to Melanie Holm, MANX Artistic Director, [atmanxoperaanddance@gmail.com](mailto:atmanxoperaanddance@gmail.com)

About MANX: MANX, or Movement Arts Nature Exchange, is a dance/opera fusion company reframing opera through movement. Through interdisciplinary performances and educational outreach, MANX shatters stereotypes about what it means to be a dancer or opera singer, and helps artists cultivate greater autonomy over their own bodies and voices. <https://www.manxoperaanddance.com/>

MANX  
480-825-0290  
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For more information:  
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