

CHOIRSCHOOL 2011

October 20th – 22nd, London Metropolitan University

Taking place in October, a series of seven workshops bring together music educators and performers of vast experience and recognition, delivering sessions on vocal and performance skills.

Choirs are often too busy in rehearsal time to cover focussed work on performance, musicianship and aspects of voice training. ChoirSchool 2010 received rave reviews and, maintaining the combination of high impact schedule with acclaimed educators, **ChoirSchool 2011** looks to be even more exciting with the addition of performance skills workshops.

For only £35* it seems almost too good to be true! (the cost of less than 1hr with any of these educators)

Thursday 20th – 6-9pm Workshop 1: Breathing and Dynamics - **Cathy Heller-Jones**
Workshop 2: Alexander Technique for the Singer - **Nicholas Chapman**

Friday 21st – 6-9pm Workshop 3: Voice Styling - **Mike King**
Workshop 4: Score Reading and Rehearsal Technique - **Naveen Arles**

Saturday 22nd – 10am-3pm Workshop 5: Making the Music Dance - **Pete Churchill**
Workshop 6: Performance - Prep, Etiquette and Demeanour - **Lucy Potterton**
Workshop 7: En Masse SING!!! Putting it all into practice - **Pete Churchill**

All workshops will be 1.5hrs long and recorded in order that you can purchase a CD with which to continue your practice. You will be provided with bottled water at all sessions and a light lunch on Saturday.

To **book your place** please email: mail@naveenarles.com (hurry, they are limited). All payments must be made before ChoirSchool begins and your place is confirmed.

* LYGC members £25 and Students £15

Tim Murray, MD Tête à Tête Opera Company & Festival, at ChoirSchool 2010

THE WORKSHOPS

1: Breathing and Dynamics - Cathy Heller-Jones

The beginning of all skill and technique for any singer is their ability to control their breathing. Understanding the theory, practising techniques and exercises; putting these into practice: controlling dynamics and long phrases with better awareness, leading to exploring various voice qualities required for pop, musicals, liturgical song, opera etc.

2: Alexander Technique for the Singer - Nicholas Chapman

F.M. Alexander founded a method of better body use. Our usual postural habits cause stress and strain taking an extra toll on our breathing apparatus and singing voices. An introduction to the technique's ability to protect our singing voices.

3: Voice Styling - Mike King

This vocal session will explore vocal styling and expression whilst developing vocal adlibs, runs, licks, tone variation and vowel modification applying the various techniques to individual and group repertoire.

4: Score Reading and Rehearsal Technique - Naveen Arles

Removing the mystery of score reading through a simple introduction (teaching methods that can be passed on to your students/friends). Basic choirleading skills and rehearsal discipline making you a better choir member and capable of leading your own section/small group.

5: Making the Music Dance - Pete Churchill

We live in a world where people would rather 'sing along' than 'sing' – and we live in a world where movement is similarly passive... something we do in response TO music. So this session is about moving so as to INFORM your music making. Movement and music, the dance and the song, are inseparable.

6: Performance - Prep, Etiquette and Demeanour - Lucy Potterton

This workshop will focus on the final touches of performance within a choir. It will aim to build confidence and encourage relaxation using a number of physical and vocal exercises. It will also focus on essential techniques for close harmony singing, by building awareness of others in the ensemble and improving overall teamwork.

7: En Masse SING!!! Putting it all into practice - Pete Churchill

All participants together as one choir putting together new material utilising and developing the learned skills.



Cathy Heller-Jones

As a singer with London Voices, Cathy has performed and recorded a vast repertoire of music working with the world's leading conductors and composers including Steve Reich, Kaija Saariaho, John Adams, and Howard Shore and John Williams with whom she has recorded all soundtracks for Harry Potter, Star Wars and The Lord of the Rings films. **Born in New York City** where she attended the renowned FAME school, she went on to Boston University where she gained her BMus. That was followed by postgraduate study on the Performers Course at the Guildhall School of Music. **Cathy is Director of Music** of the Hertfordshire County Youth Choir and The Liberal Jewish Synagogue and teaches singing at St. Albans Girls High School in Harpenden.

Nick Chapman

Nick has been teaching and developing a holistic approach to Alexander Technique for over a decade. He regularly gives workshops in central London and is affiliated to Merrill Lynch and UBS as their resident practitioner. He is regularly on call at several health centres around North London and has keenly supported drug-withdrawal clients, young offenders and nurses through relaxation techniques provided by the technique. **As a trained actor**, like FM Alexander himself, Nick has helped many performers to enhance their performing capability and protect themselves from gruelling schedules through 'Alex'. **Nick studied** at the prestigious Constructive Teaching Centre under W.H.M. Carrington who worked directly under FM Alexander developing this teaching base here in the UK, now renowned internationally.



Mike King

A gifted singer, songwriter, pianist, vocal coach, musical director and producer involved in the music industry for over a decade. Aside from being a successful artist in his own right, **Mike has devoted much time to nurturing** the talent of others and making a positive impact through music. He has been teaching vocals at Goldsmiths College, part of the University of London, for 10 years, is guest lectures at University of East London and London Metropolitan University. **Regarded by many as one of the UK's top vocal coaches** and facilitating workshops internationally he also works as musical director and session musician for various artists. Recent clients include Tambu-Christel Pembele (Island Def Jam Records), TV star Phina Oruche, Dionne Mitchell (X-factor finalist) and Zarif (RCA/Sony) who recently performed with John Legend and supported for Beyonce's UK tour. **Mike launched his own vocal collective**, the 'Mike King Choir', in January and in July he directed the world's biggest band - 10,000 singers at Wembley Arena.



Naveen Arles

Nav trained early and hard giving large public recitals by age 10 and gaining scholarship to excellent tutelage from both Murray McLachlan and Richard Beauchamp. **After 20 staged musicals** between Edinburgh and London with 4 and 5 star reviews **he founded and directed** all extra-curricular musical activity at London Metropolitan University for the past 3 years which included his input on the Performing Arts Degree. His love of working with community music sees him helping grow the London Youth Gospel Choir and creating choirs around London. **Having co-founded** 'Sanctuary Voices' Nav has driven workshops with refugee and asylum seekers culminating in guerrilla-opera productions. His choirs have performed all over London including the Royal Albert Hall & Barbican.



Lucy Potterton

Lucy **studied music** at Southampton University, graduating in 2007. She spent four years as a member of the National Youth Choir of Great Britain, performing solos on the choir's latest CD 'Mike Brewer's World Tour' with Delphian Records. From 2008 to 2011 she was a member of the **five-time Grammy award winning a cappella group the Swingle Singers** which provided the incidental music for 'Glee'. With the Swingle Singers she has performed alongside Jamie Cullum and Rumer at the Royal Variety Performance 2010, appeared on BBC's Strictly Come Dancing - It Takes Two and ITV's This Morning. Lucy has performed at prestigious venues such as La Scala in Milan, Ronnie Scotts jazz club in London, Joe's Pub in New York, and the Boston Symphony Hall alongside the Boston Pops Orchestra. Lucy was **part of the vocal orchestra** featured in the T-Mobile advertisement 'Welcome Back' which won 'Commercial of the year' at the British Television Advertising Awards 2010.



Pete Churchill

Recently completing almost twenty years teaching at the Guildhall School of Music, **Pete is now Professor of Jazz Composition** at the Royal Academy of Music in London whilst running the jazz choir at Trinity College of Music. **His career has included work as diverse as** a year in the West End as a Musical Director of "Five Guys named Moe", accompanist for jazz-singer Mark Murphy and scoring big-band arrangements for Will Young and the Pop-Idols. As an educator and choral director, Pete is very much in demand abroad - teaching regularly in Australia, Jazz workshops for the ABRSM in the Far East, guest lecturer at the Sibelius Academy in Finland and regular courses in France, Spain and Italy. **Pete is recognised as being at the forefront of Jazz education** recently receiving the 2007 Parliamentary Award for Services to Jazz Education. His national reputation for work with Primary schools nationwide results in regular performances of his 'Groove' Oratorios at the Albert Hall - combining massed Primary school choirs with Youth Orchestras and guest soloists from the worlds of Jazz and Musical Theatre. Much of Pete's time now is taken up with directing his own choir 'The London Vocal Project'.

