

Workshop

I SUONI NEL SUONO

with Oskar Boldre

The Church, sacred place for prayer and meditation, is still today one of the few places with a high quality of silence. Overtone singing, is by no means a meditation practice that needs listening, silence and an acoustics that naturally amplifies sounds.

Program:

We start with specific exercises to relax and open the perceptive organs that so often become involuntarily contracted and stiffened due to sound pollution.

The following exercises are aimed to learn how to listen, to re-discover and recognise some particular frequencies.

The final step is dedicated to the actual techniques for the emission of overtones, that are more easily perceived and distinguished within the embracing acoustics of a Church. The workshops' aim is to supply the participants with some useful exercises, that will lead to a good use (and harmless!) of the phonatory organs, if carried out properly and with discipline. A two-day seminar is not enough to master overtones. What counts is the pleasure in daily practice.

DATES AND HOURS

Planning is needed far in advance.

Saturday and Sunday. Daily 6-7 hour-work for a total of 12/14 hours in two days.

REQUIREMENTS

A warm place with appropriate acoustics, chairs, blankets, teas, electric plug, a portable cd player
Warm and comfortable clothing and a small mirror.

NUMBER OF PARTICIPANTS

Minimum 8, maximum 15.

REGISTRATION DEADLINE

The program will be offered subject to sufficient registration. The minimum number of registrations must be received within 3 weeks before the scheduled date.

INFO

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