

welcome to the uplifting events of
Feeling Sound

with Igor Ezendam & Arianna Artioli



light your light of love through music

FeelingSound.com

concerts, seminars, festivals and sessions

Feeling Sound

light your light of love through music

EVENTS

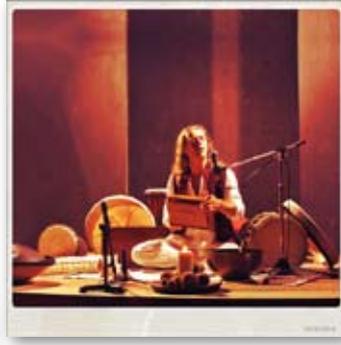
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Interactive overtone and chanting evenings
- 2 *Singing Freedom***
Vocal liberation and overtone Singing
- 3 *Healing Harmonics***
Singing ourselves to health with Soundmassage
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We share our truth and sing together
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Enjoying yoga and the sounds of the world

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Feeling Sound

interactive vocal harmonics concert



Vocal harmonics, or overtone singing, the traditional shamanic singing style in Tuva, Mongolia, creates a double sound in the voice: above the fundamental note a very high whistle-like melody appears.

Dutch singer, voice coach and multi-instrumentalist Igor Ezendam is a recognized specialist and performer of overtone singing, producing an incredible scale of up to eleven clear harmonics in his voice.

Igor's repertoire is inspired by the Tuvans of Mongolia, Tibetan monks, Native American, Sufi and Australian Aboriginal chant. In his concerts Igor accompanies his overtone singing with a variety of musical instruments, from Didgeridoo, Hang and other percussion instruments, to Cümbüs, Mandola, Shrutibox and Tibetan bowls, on a discovery tour of sound and its beneficial effects, assisted by Arianna Artioli with chants and mantra's.

Duration: from 60 minutes to 2 hours





Singing Freedom

vocal liberation and overtone singing



To liberate, feel and love our voice, to free our vital energy, to discover ourselves through the sound of our voice.

Introduction into a relaxed version of Vocal Harmonics, a singing style originally Tuva, Mongolia. We sing!

In this seminar we create a safe space in which to once again trust and love one's own voice. We can start to experience more freedom in our breath, in our singing and in our body. Picking up courage, we open up to the new, allowing greater sensitivity, so that slowly our awareness and our sound can expand.

Learn to create two notes at the same time: a high whistle-like melody above the fundamental note of your voice! Guided by Igor Ezendam, singer, voicecoach and multi-instrumentalist, we will learn the techniques that best develop our voice and it's harmonics. Together with yoga teacher Arianna Artioli we'll be relaxing, opening up, letting go, expanding our sensitivity, courage and awareness, so our voices will bloom!

The main singing techniques used are: improvisation, Toning, overtone (diphonic) singing, various mantras and shamanic chants.

Duration: introductory workshop from 2 to 3 hours (festivals)

Duration: seminar 6 hours





Healing Harmonics

singing ourselves to health with soundmassage



Sound vibration helps relieve physical, emotional and mental stress. The application of sound vibrations on the body requires compassion, sensitivity and confidence.

This seminar offers the first steps to be at ease in singing freely and improvise effortlessly in front of or onto another person.

Seeking The Crystal Voice: a beautiful pure voice becomes a healing tool that can help release tension, blocks and inhibitions. In 'Healing Harmonics', led by voice coach Igor Ezendam and yoga teacher Arianna Artioli, we spend time to free our voice and our body with breathing, movement, relaxation and listening exercises. Then we apply our courage to singing for and onto each other.

Intuitive Sound Diagnosis: we will get to know the use of the overtone scale in our voice connected to the chakras, the energy centers of our body. With this scale, we can attempt a harmonic analysis of the different planes. We learn to feel tensions in our own body while we sing for others.

Presentation of the use of the didgeridoo and frame drums for soundmassage (dedicated seminars on Percussion and Didgeridoo are available as well). Each seminar participant will be able to try out the various sound massage techniques.

Duration: 3 / 6 / 9 / 12 hours





Sat Song

a moment to share and sing our truth together



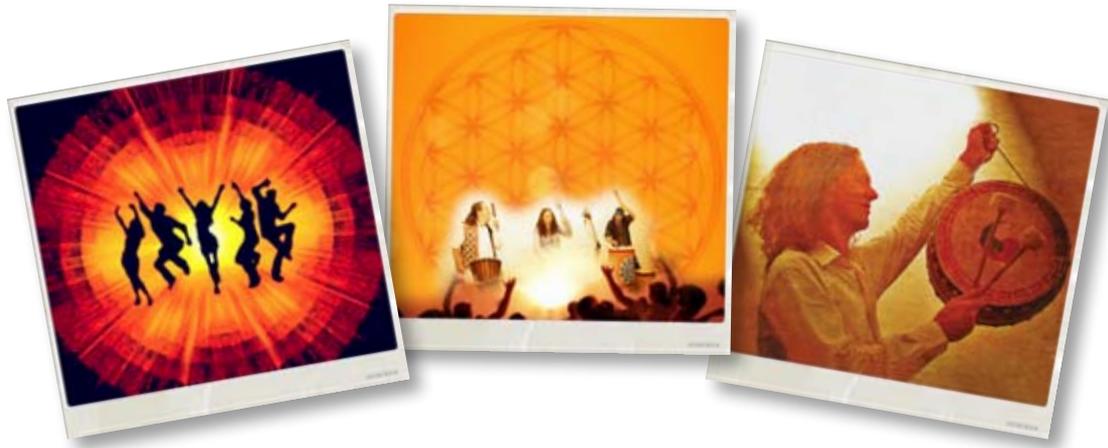
A meeting with Igor and Arianna, very much a 'guru style' satsang, but a very relaxed and unofficial one: here you can tell and sing your own and get an honest feedback.

Igor and Arianna will mirror what you bring to the circle and help you 'clean up' your act and learn to be e basta. Love in Song!

Every meeting is different and incredible, because composed by the sum of the experiences of the participants in the Sat Song sessions. Everybody is welcome to share and learn something. Bring your Self and anything you need to feel comfort.

Duration: 3 / 6 / 9 / 12 hours





Shaman Drum & Dance

a night to free our soul to music



The **Shaman Drum & Dance Night** is a guided voyage into yourself through continuous live percussion, to free the soul through music, an event that unites the different arts to bring the best out of everyone. Drums, didgeridoo and vocals lead the group in a live continuous rhythm.

Together we create a sacred space through music to support those who come to dance. We move to the rhythms of drums and didgeridoo, connect to Mama Earth and fly skyward! Our breath is in the heart, our body follows the rhythms.

We can finally give up our tensions, trusting there is wisdom in our body: it knows how to bring about self-healing. At the end of our journey we will have found more freedom, not only of tension and stress, but of questions, with answers like, "I am, I know that i am!"

With Igor Ezendam and Arianna Artioli, along with local musicians, dancers, artists and teachers available among those present at the event.

Duration: 90/120 minutes





Become a Star *Yoga with Live Music*

enjoying yoga with the sounds of the world



The aim of the practice is to develop **harmony** and balance through a simple and complete purification process that helps us to release stress and tension, to promote wellness. It's a journey that awakens and supports self-healing, suitable for people of all ages.

Arianna Artioli, a certified teacher of Hatha Yoga and Meditation and Anukalana, also attended the Learning Love Training with Krishnananda and Amana, working on the inner child and the emotional wounds. She's passionate about Kirtan, Hawaiian chants and sacred dances, Bach Flowers, psychosomatics, empathic communication ... and vegetarian cuisine.

Igor's music will sustain the yoga practice with a flowing musical journey of improvisations, with overtone singing, didgeridoo and various percussion instruments.

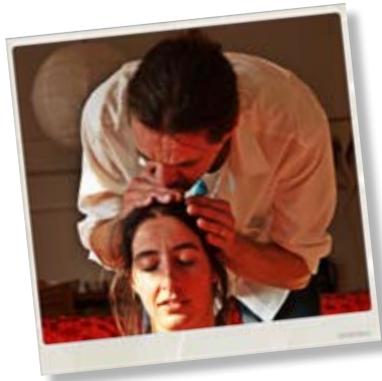
Duration: for 90 minutes to 2 hours





Voice Coaching & Soundmassage

individual sound sessions



Individual sessions with Igor help in remembering how to relax, encouraging you to stop judgement and allow full vital and vocal potential to express themselves. In short: here we can let go and embark on a inner search for our free Voice, with a loving guide in a safe space.

Voice Coaching sessions are suitable for those who want to develop their expression or discover the overtones in his voice, to deepen the vocal work already begun or to overcome old traumas and fears related to the entry. Suitable for both singers and for those who still do not hear 'tuned'.

Soundmassage is an effective method for deep relaxation through sound. Vocal harmonics have surprising effects on the body energy. The sounds and vibrations deep and ancient didgeridoo, ritual instrument of the Australian Aborigines, gently massage the tissues of the body, helping to release tension, giving the person a great sense of well-being.

Duration: one hour sessions, contribution € 70

Booking and info: info@feelingsound.com

Igor (Switzerland) 0041 76 478 83 08





Flowerly Chats

Discover the Bach Flower allies



Meeting in the heart space, to look at what is interfering with our well being, this can support the release of psychological and physical tensions through practices from various ancient and modern techniques, such as yoga, meditation, breathing, psychosomatic, empathic communication and Bach flowers.

Our role models will be many, from Jesus, Yogananda, Edward Bach, Aurobindo and Mere, Alexander Lowen and Wilhelm Reich, Bert Hellinger, Marshall Rosenberg, Krishnananda and Amana, all the native people of this Earth.

Layer after layer we rediscover our real nature, we learn to take care of our inner child, to free ourselves from conditionings, develop the « observer » and start playing the game of life in a more responsible way, learning to enjoy every step on the way!

Duration of a Flowerly Chat: 30 minutes

The Bach Flowers mix is included in the 30 minutes meeting

Booking and info: aria@bluewin.ch

Arianna (Switzerland) 0041 79 63 63 833



Organisation details

information for organisers

Concert FEELING SOUND

Duration: from 90 minutes up to 2 hours

Contribution: 700 € plus travel and accommodation

Stage: small amplification and microphones available

Seminar SINGING FREEDOM

Seminar HEALING HARMONICS

Duration: two single day seminars of 6 hours or a weekend

Contribution: 1 day 90 € / 2 days € 150 per person,
or a flat fee of 800 € for a day, 1.200 € for a weekend

Time: 10:00 to 13:00 and 14:30 to 17:30

Event SAT SONG

Duration: 3 hours

Contribution: € 40 per person with minimum 12, max. 22 people
or flat fee of 600 € plus travel costs / accommodation

Event SHAMAN DRUM & DANCE

Duration: 2-3 hours

Contribution: € 40 per person with minimum 12, max. 22 people
or flat fee of 600 € plus travel costs / accommodation

Yoga class ANUKALANA YOGA WITH LIVE MUSIC

Duration: 90 minutes / 2 hours

Contribution: minimum 12 people paying 40 €

or flat fee of € 600 plus travel and accommodation costs

Individual 'SOUNDMASSAGE & VOICECOACHING'

Duration: 60 minutes

Contribution: 70 €, 60 € in combination with a seminar

Individual FLOWERY CHAT

Duration: 30 minutes

Contribution: 30 € with Bach Flower personal mix

Organiser receives 30% off event total after transportation costs and promotion, or a flat fee as in the singular descriptions above.

Prices for participants are usually set at 90 € per day, 150 € for two days. Youth discount 50% up to 18 years. Student discount: those who have already participated in other three meetings pay € 70 instead of € 90 for one day, € 120 for the weekend. Couple discount 150 € instead of 180 € in two. Seminar plus session € 150.



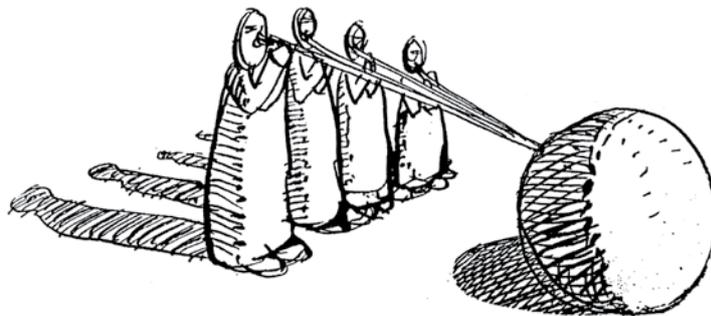
Feeling Sound Contacts

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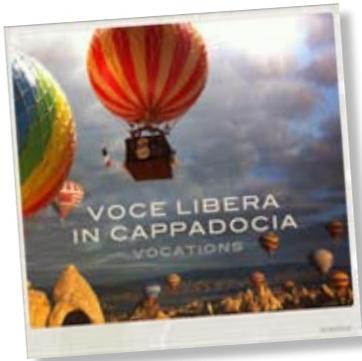




Feeling Sound presents

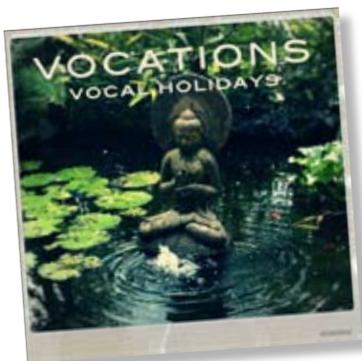
Vocations 2015

vocal holidays - viaggi vocali



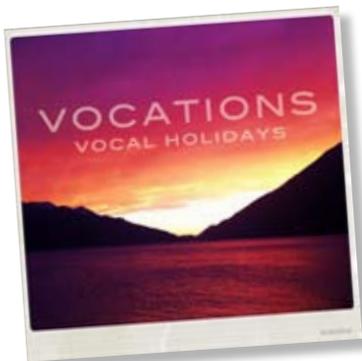
Cappadocia Voice and Didgeridoo

June 1 to 7 Free Your Voice and Didgeridoo in Cappadocia, Turkey the search for the Winged Heart. An enchanting journey, a voice laboratory, to find ourselves in the enchanted places of Cappadocia. This trip is a personal journey open to all. We follow the call of the Sufi Dervishes of the Winged Heart, in the churches of the Byzantine monastery of Keslik, between the pillars of the Church in the valley of the White Rose and the silence of the Monastery of Kızıl Çukur. Nature walks, singing and playing the didgeridoo (for those who do not know) in magical places in ancient fortresses.



Corfu Sound & Silence

August 15 to 20 Corfu, Greece, Sound & Silence Festival
We will go to Corfu insieme for a beautiful Festival, five days of music, yoga, beach and joy :) Courses led by excellent facilitators teaching Tantra, Primal, breathing and more ... We will do a workshop we: Singing Freedom. • Many active meditations, including a night of AUM • Segments including 5Rhythms dance, Trance dance, dance Sufi and Gurdjieff Movements • Morning Satsang music and a series of night Concerts • Wide range of Body- Mind Healing Sessions
Site: www.corfufestival.com



Sardinia A Heart with Wings

August 21 to 27 Sardinia, A Heart with Wings - Being In Love
The search for the Winged Heart continues: come and enjoy a week of learning, teaching and sharing through singing, good music, nature walks, yoga, meditation and good food, traveling towards free expression and a fulfilled life. Igor and Arianna offer an intense and relaxing week for people seeking more inner balance. You are welcome!



Egitto Wild Dolphins & Harmonics

12-19 september Singing and swimming with dolphins in the Red Sea. An enchanting journey, an experience of contact with nature and with ourselves, while we present ourselves to be found by dolphins. A relaxing week by the sea in a protected bay, with daily boat trips to the meeting in the water with the dolphins in the open sea. In addition to meetings of hand and out of the sea in which we will develop our free expression and empathic communication, the living room offers plenty of time to relax and stay in contact with nature.

informazione info@feelingsound.com www.feelingsound.com

Feeling Sound presents
*Singing
Freedom*

to freedom of expression and beyond



We dive together into improvisations and original compositions inspired by various musical traditions, in search of our freedom of expression, to discover a world of sound and harmonics with their beneficial effects.

Dutch singer, voice coach and multi-instrumentalist Igor Ezendam is a recognized specialist and performer of overtone singing, also called harmonic singing or throat singing, a technique creating a second whistle-like sound in the voice.

Along with Arianna Artioli, a yoga teacher and his companion, Igor shares the techniques that best develop freedom of expression and vocal harmonics. The singing styles we'll get a taste of come from Tuvans (Mongolia), Tibetans, Sufi, natives of America and freestyle singers.

Individual sessions are available for Voice Coaching, Soundmassage or Magic Wands with Igor, and Flowery Talks with Arianna.

Among the seminar topics

- * *Freeing the voice*
- * *Vocal harmonics*
- * *Empathic Communication*
- * *The element breaths*
- * *Sound massage*
- * *Sound Diagnosis*
- * *Meditating and walking with the heart*
- * *Deep relaxation*
- * *The inner child*
- * *Anger becoming Power*
- * *Personal Magnetism and natural authority*
- * *Male/female balance and collaboration*

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