

welcome to the uplifting events of

# *Feeling Sound*

*Singing Freedom and the Art of Harmonics*

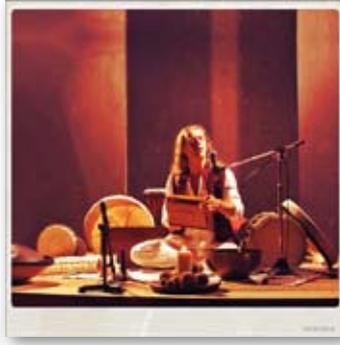


**feelingsound.com**  
concerts seminars festivals sessions

# *Feeling Sound*

SINGING FREEDOM

- CONCERT *Feeling Sound*  
Interactive overtone singing evenings
- WORKSHOP *Singing Freedom*  
Vocal liberation and overtone singing
- WORKSHOP *Healing Harmonics*  
Singing ourselves to health with Soundmassage
- EVENT *Shaman Drum & Dance*  
A night to free our soul to live rhythms
- YOGA *Blossom - Living Yoga*  
Enjoying yoga
- SESSIONS *Voice Coaching*  
Individual voice sessions with Igor
- Soundmassage*  
Voice and Didgeridoo Soundhealing
- Blossom*  
Personal coaching sessions with Arianna
- INFO *Organisation*  
Information for organisers
- Igor*  
Biography
- Arianna*  
Biography
- Contact*  
Feeling Sound



# *Feeling Sound*

interactive vocal harmonics concerts



**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 from Tuva, Mongolia. **To freedom of expression and beyond: 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 its 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



**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.

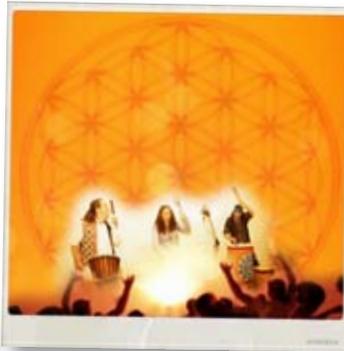
**Seeking The Crystal Voice:** a beautiful pure voice becomes a healing tool that can help release tension, blocks and inhibitions. In 'Healing Harmonics', led by voice coach Igor Ezendam and yoga teacher Arianna Artioli, we spend time to free our voice and our body with breathing, movement, relaxation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





## *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*





# *Blossom Living Yoga*

enjoying restorative yoga

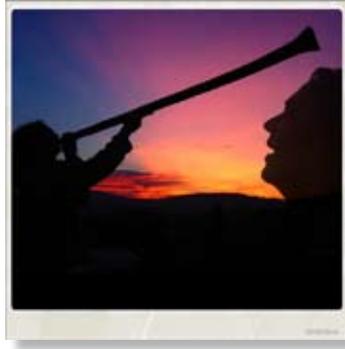
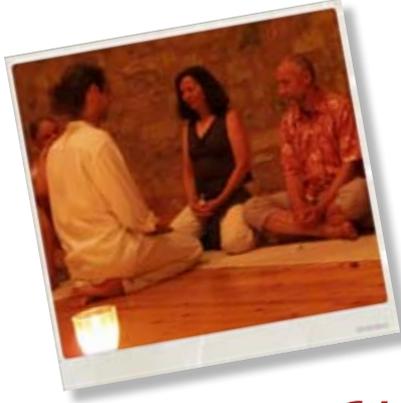
**The aim of the practice is to develop harmony** and balance through a simple and complete purification process that helps us to release stress and tension, to promote wellness. It's a journey that awakens and supports self-healing, suitable for people of all ages.

**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 percussion.

*Duration: for 90 minutes to 2 hours*





# Voice Coaching & Soundmassage

## individual sound sessions with Igor

**Individual sessions with Igor can 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 an inner search for freedom with a loving guide in a safe space.

**Voice Coaching sessions** are perfect if you want to develop your full expression, to discover vocal harmonics, to deepen the vocal work already begun or to overcome old traumas and fears related to speaking and singing. Suitable for both singers and those who still think themselves 'out of tune'.

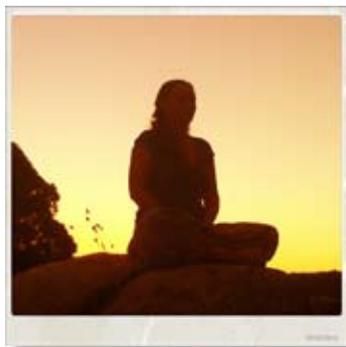
**Soundmassage** is an effective method for deep relaxation through sound and vibration. The deep and ancient vibrations of the Australian didgeridoo gently massage the tissues of the body, helping to release tension and allow for mental expansion and conscious dreaming. Vocal harmonics have surprising effects on the body's energy.

**Dutchborn artist Igor Ezendam** is a performer and teacher of vocal harmonics, a polyphonic singing style found in shamanic traditions the world over. He accompanies himself with ethnic instruments in a musical trip around the world, and takes his audience with him as he sings different styles.

*Duration: one hour sessions*

*Booking and info [info@feelingsound.com](mailto:info@feelingsound.com)*

*Igor (Switzerland) 0041 76 478 83 08*



## *Flowery Chats*

### Discover the Bach Flower allies with Arianna

**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!

**Italian Swiss Arianna Artioli**, a certified teacher of Hatha Yoga and Meditation and Anukalana Yoga, attended the Learning Love Training with Krishnananda and Amana, working on the inner child and our emotional wounds.

She's passionate about Kirtan, Hawaiian chants and sacred dances, Bach Flowers, psychosomatics, empathic communication ... and vegetarian cuisine. Since 2010 she accompanies Igor in his harmonic singing seminars, adding a humorous and devotional vein and a bit of healthy movement.

*Duration of a Flowery Chat: 30 minutes to 1 hour*

*The Bach Flowers mix is included in the session*

*Booking and info: [aria@bluewin.ch](mailto: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: 800 € 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 900 € for a day, 1.500 € for a weekend

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

### **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 BLOSSOM YOGA**

Duration: 90 minutes / 2 hours

Contribution: minimum 12 people, 40 € p.p.

or a flat fee of € 600 plus travel and accommodation costs

### **SESSIONS SOUNDMASSAGE & VOICECOACHING**

Duration: 75 minutes

Contribution: 120 €

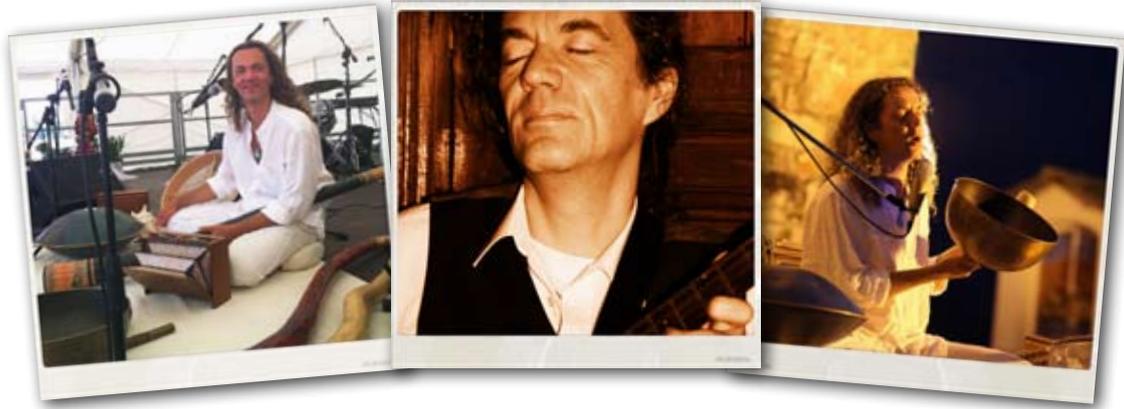
**FEELING SOUND** receives a flat fee with transportation and accommodation cost, as in the singular descriptions above, or 70% off event total after costs.

**PRICES FOR PARTICIPANTS** are usually set around 100 € - 125 € per day, 200 € - 250 € for two days. Youth discount 50% 12 to 18 years. Student discount: 20%, Couple discount 30%. Weekend seminar plus individual session 10 % discount

**Of course we are open** to variations of these proposals based on your local prices.

# Igor Ezendam

[www.feelingsound.com](http://www.feelingsound.com)



**My name is Igor Olivier Ezendam**, singer, multi-instrumentalist and voice-coach born in Amsterdam in 1968. I'm inspired by the sounds of Tuvans (Mongolia), Tibetan, Sufi, Native American, African, Aboriginal and all freestyle singers in the world .

**I specialize in overtone singing**, a technique creating a double sound in my voice: dipohonic singing, also called harmonics or overtones. I teach the techniques that best develop these harmonics and vocal freedom in seminars, together with my companion Arianna Artioli, yoga teacher with gentleness, humor and a passion for mantras and sacred hula dance.

**I offer concerts around the world**, in which I accompany different singing styles with percussion (hang, djembe, daf, doundoun, bodhrán), didgeridoo, shrutibox, Tibetan bowls and stringed instruments (mandola, cümbüs, guitar, guitalele).

**For fifteen years i've been teaching singing** workshops and voice liberation, as well as offering individual sessions of voice and life coaching, working with kindergardens, schools and companies to create moments of community, sharing, creativity and the joy of improvising.

**I wrote a book on singing and harmonics** called 'Your Sound is Sacred' (Edizioni Ponte Alle Grazie, 2013), and recorded several CDs as a soloist and with other artists, available on Itunes. You can find dozens of videos on YouTube, or on my website [www.feelingsound.com](http://www.feelingsound.com)



# *Arianna Artioli*

[www.feelingsound.com](http://www.feelingsound.com)



**My name is Arianna Benedetta Artioli**, I lived between Italy and Switzerland, where I worked with various wellness centers, a museum and a natural health fair. In 2008 I created a massage festival in Lugano, which in five years has hosted many therapists and disclosed the theme of holistic wellness and created a social get-together, as well as provide education.

**Since 2009 i'm a certified teacher of Anukalana and Hatha Yoga** and Meditation. I attended the Learning Love Training with Krishnananda and Amana, working on the inner child and our emotional wounds.

**I'm passionate about Kirtan, Hawaiian chants and sacred dances**, Bach flower remedies, psychosomatics, empathic communication ... and vegetarian cuisine!

**Since 2010 i accompany Igor in his harmonic singing workshops**, adding a humorous and devotional vein, as well as a bit of healthy movement. At festivals i present simple fluid meditative yoga sessions with live music. I live yoga with a gentle and positive approach, with great enthusiasm and gratitude.

**For several years i've been invited to lead workshops for young people** in middle schools in Ticino and Italy, presenting my experiences in yoga, meditation, wellness and Bach flowers, as well as music workshops for children and teenagers together with my partner Igor. Our site is [www.feelingsound.com](http://www.feelingsound.com)





## *Feeling Sound Contacts*

**Igor Ezendam & Arianna Artioli**  
**Le Logis de Chez les Rois**  
**3, Rue de l'Atelier**  
**Louzac Saint-André**  
**16100 France**

**Email** [info@feelingsound.com](mailto:info@feelingsound.com)

**Site** [www.feelingsound.com](http://www.feelingsound.com)

**FaceBook / Skype** Igor Ezendam / Arianna Artioli

**Youtube** IgorFeelingSound

