

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
- SEMINAR *Singing Freedom*
Vocal liberation and overtone singing
- SEMINAR *Healing Harmonics*
Overtones for health
- SEMINAR *Harmonics for Choirs*
Vocal liberation and overtone singing
- 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



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

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.

Igor's music is an example of the use of the voice as a therapeutic instrument and source of self discovery. His personal style of vocal harmonics, a pure and crystal clear sound developed over thirty years of experimentation, is capable of clearing the energetic body of old fears, stuck emotions and karmic weight.

He is a vocalist, voice-coach and deep process guide born in Amsterdam. He is inspired by Tuvan (Mongolian), Tibetan, Sufi, Nativ American, African and Aboriginal freestyle singers. His deep transformative work opens people into their true expression and „Self“-awareness with working elements from voice, aikido, systemic constellation work and more.

In his concerts Igor accompanies his overtone singing with a variety of musical instruments on a discovery tour of sound and its beneficial effects.

Concert duration:
60 minutes to 2 hours





Singing Freedom

Vocal Liberation and Overtone Singing



A workshop created to help liberate, feel and love our voice, to free our vital energy, to discover ourselves through the sound of our voice.

Introduction into a relaxed approach to singing and Vocal Harmonics, a diphonic singing style originally from Tuva, Mongolia. To freedom of expression and beyond: we sing!

Singing Freedom is about music, selfhealing, empowerment and soulful communication, a laboratory of sound by an exceptional overtone singer, dutch Igor Ezendam and his brilliant italian partner Arianna Artioli. Their decade of touring with original musical seminars has touched the hearts and minds of many people along the way.

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Arianna's caring presence, poignant humor and emotional sensitivity help bring people back on track into love through truthful processing of old traumas. Together with Igor's compassionate feedback and practical suggestions for improvement, being part of one of their retreats is a truly liberating experience.

Duration:

Introductory workshop

2 hours

Seminar day

6 hours





Vocal Harmonics

and the art of singing ourselves to health



The singing techniques of Vocal harmonics, also called overtone or diphonic singing, are an essential element of our sharings.

This traditional singing style found in Tuva, Mongolia, as well as in Tibet, Indonesia and many shamanic traditions the world over, creates a very high whistle-like melody in our voice, like magic!

Together with vocalist, voice-coach and deep process guide Igor Olivier Ezendam we learn how to use our voice to break up these harmonics into specific sound frequencies.

Igor is inspired by Tuvan (Mongolian), Tibetan, Sufi, Native American, African and Aboriginal freestyle singers. His deep transformative work opens people into their true expression and „Self“-awareness with working elements from voice, aikido, systemic constellation work and more.

We discover that the voice has magical powers: how it can link body and soul; a secret of self expression; an aspect of the dance of the soul; a way to contact the primal foundations of communication; experience to be truly human. Sound penetrates all matter and indeed vibrates eternally throughout the creation.

Duration:

Introductory workshop

2 hours

Seminar day

6 hours





Harmonics for Choirs

OVERTONE WORKSHOP FOR CHOIRS

Working with vocal overtones is especially useful for choir singers and choral conductors. The benefits of learning to hear and control harmonics by the singers in a choir are as following:

1. **Better listening** to the sounds we produce individually and as a group
2. **Get intimate knowledge of the vowels** and their connection to the body
3. **The breath work** involved in overtone singing improves overall performance
4. **Group practice** of overtone singing improves cohesion and harmony in the choir
5. **We learn to slow down** the transition between vowels to create vocal harmonics



The learning process:

1. Hearing harmonics in the teachers voice
2. Producing harmonics: by the practice of singing slow vowel transitions on a long note, overtones are starting to appear clearly from the sound.
3. Hearing harmonics in the voices of other singers.
4. Beginning to hear overtones in your own voice. This is a lot more difficult than hearing other people's harmonics.
5. With the basic ability to hear harmonics in one's own voice, control over them can then be learned as well.

Duration:

introductory workshop
2/3 hours
seminar day
6 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 a 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 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.

Session duration:
60 minutes



Blossom Life Coaching

discover growing tools and 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.

Session duration:

60 minutes

Organisation details

information for organisers

CONCERT FEELING SOUND

Duration: 1 to 2 hours

Contribution: 800 € plus travel and accommodation

SEMINAR SINGING FREEDOM & SEMINAR HEALING HARMONICS

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

Suggested contribution:

1 day € 150 per person with minimum 10 participants,
or a flat fee of 1.500 € for a day, 2.500 € for a weekend,
plus travel and accommodation.

Suggested times: 10:30 to 13:30 and 15:00 to 18:00

Suggested discounts:

Youth discount 50% 12 to 18 years.

Student discount: 20%, Couple discount 30%.

Weekend seminar plus individual session 10 % discount

SEMINAR HARMONICS FOR CHOIRS

Duration: day seminar of 6 hours or half day workshop of 2/3 hours.

Suggested contribution:

Full day seminar of 6 hours € 150 per person with minimum 10 participants, or a flat fee of 1.500 €.

Half day workshop (2/3 hours) 50 € per person with a minimum of 15 participants. or a flat fee of 750 € plus travel and accommodation.

SESSIONS SOUNDMASSAGE / VOICECOACHING / BLOSSOM

Duration: 60 minutes

Contribution: 90 €

We are of course open to variations of these proposals based on local pricing and costs.

Igor Ezendam

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



Arianna Artioli

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





Feeling Sound Contacts

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