

Workshop *Physical awareness and singing*,  
based on the *Musicality of Movement* approach.

Dear MHI voice students and teachers,

It's my pleasure to introduce the *Musicality of Movement* approach to you during my visit at MHI in week 46.

Musicality of movement is developed by Virág Dezső and is based on corporal mime and physical acting methods geared towards musicians and singers. I will introduce you to a set of exercises that will enhance your physical awareness on stage and thus, eventually, make you freer in your singing.

During my singing career I have performed in many different settings; next to singing traditional concerts, contemporary music and opera, I also worked with dance and physical theatre. [www.charlotteriedijk.com](http://www.charlotteriedijk.com)

As a teacher I've grown more and more interested in the physicality of singing, this led me to the artistic master research that I am currently conducting, in order to fine-tune the *musicality of movement* approach for (classical) singers and to find ways to integrate it into their training.

*Musicality of movement* works on the following aspects:

- Breath: like in singing, every movement is carried/guided by the breath
- Neutrality: alignment in posture
- Articulation: in breath, body, decision in action
- Space: connection with space, body, others and audience
- Balance & focus, in body and in space
- Transformation, shift/switch
- Listening – Musicality

The way of working is playful and non-judgmental. We explore, experience and discover. Compared to other methods that work on increasing body awareness, like Alexander Technique, Feldenkrais or Body Mapping, that mainly focus on awareness and physical well-being, this approach enhances performative skills and will therefore be helpful for all stage performers, singers, instrumentalists, actors.

Looking forward to meet you all!

Best regards,  
Charlotte Riedijk

For me it would be very helpful to learn a bit more about you, therefore I would be thankful if you could answer the four short questions on the google form below:

<https://tinyurl.com/Questionnaire-MHI>