21/11/2023 - Experimental Choir Workshop 3

5.30pm - Introduction

Aims of workshops:

to gain confidence in playfully exploring the voice, in using the voice outside of workshops creatively and in discussion, and to collaboratively build a card deck of prompts for composers

Housekeeping

1. Consent form – paper and digital – note, recordings and photos taken by me
2. H&S toilets, taking breaks as needed, not spectating, respecting each others voices, ground rules re not recording or filming, I will let them know when I will record

5.45pm - Warm Ups

1. Qigong stretching
2. Breathing to belly, rib cage, back expanding
3. Staggering breathing
4. Humming
5. Sirens

6pm Gesture/Expression and sounding

6.15pm Panda Chant – Meredith Monk

Break into sections

Add movement

6.45pm Card Prompt writing activity

7pm End