

Andrea Wolper Workshops

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Introduction

On the following pages are descriptions of two workshops:

- Essentials/Coaching for Jazz Vocal Musicians. Page 2
- Goin' Out of My Head: Releasing Your Inner Music with Spontaneity and Freedom.Pages 3 & 4

Feedback from Workshop Participants

“Thank you again for a wonderful, insightful and very creative workshop. I really didn’t know what to expect, but it turned out to be very interesting and fruitful. It’s very important to get relaxed and comfortable and in a mind set when performing, and the exercises were very helpful.” (MM, voice)

“You were passionate about the subject matter, and you helped people relax. The exercises were all useful, and I’ll consciously include some of them in my practice.” (LP, piano)

“I enjoyed it immensely. It was fun as well as a warm and worthwhile experience. It was all very helpful and clear, and I’m more encouraged now to let go and trust my instincts more.” (MM, clarinet, saxophone)

“A wonderful workshop! I really enjoyed learning all the different techniques. You were awesome!” (JA, voice)

“Thank you for the fun workshop. Your kindness and patience makes everybody feel welcome and comfortable”
(ET, voice)

“Thank you very much for this great experience with you and the group. I felt very good after the workshop, and in my mind and my heart there was freedom.”
(B, guitar, voice)

Vocal Workshop:

Essentials for Jazz Vocal Musicians • *Coaching for Jazz Vocal Musicians*

Workshop for

- Vocalists who sing jazz or are beginning to sing jazz

What Happens in the Workshop

The jazz vocal workshop is tailored to meet the needs of the students, their level(s) of experience, and the particulars of the program in which they're enrolled. Depending on their needs and the time frame, the workshop can include some or all of the following:

- Exercises for strengthening essentials like time, harmony, jazz "vocabulary," etc. These exercises, which can be repeated by students in their own practice, help "feed" necessary skills directly into the body/ears.
- Working with a band: Jazz vocal students may have little experience singing individually and, despite advanced skills, may find themselves at sea when it comes to presenting songs and leading a band. Issues to be addressed can include having charts in order, finding the right key for a song, determining and communicating rhythmic feel, counting off, cuing, intros and endings, jam session etiquette, and so forth.
- Coaching: Vocalists sing with accompaniment (piano or guitar or full rhythm section) and receive feedback and suggestions. These may touch upon both technical aspects (breathing, intonation, time, phrasing, etc.) and creative issues (intention and interpretation, cultivation of the individual voice, emotional expression, etc.).
- Question and answer: this can be valuable for jazz vocalists who may feel somewhat isolated within the jazz community.

For workshops that include working with a band and coaching, participants are asked to bring two charts of songs they enjoy singing.

Requirements

- Enough space for participants to fit and move about comfortably
- Two – three hours, depending on number of students
- Amplified CD player
- Piano or guitar (or r.s.) musicians
- A table and chairs

Workshop
Goin' Out of My Head:
Releasing Your Inner Music with Spontaneity and Freedom

Workshop for

- Vocalists who are curious about and/or intimidated by improvisation
- Instrumentalists, beginning and beyond, interested in deepening the connection to their musical source
- Vocalists and instrumentalists (any genre, improvising or not) who want to experience greater relaxation and spontaneity

Introduction

Our musical journeys are lifelong opportunities to learn and develop. No matter how much professional experience or training we may have, as long as we're making music we're improving technique and adding to a storehouse of musical knowledge. Yet sometimes we find ourselves so concerned about "correctness" that our musical expression becomes constricted. We want to stretch, yet when we try something new or challenging we may become inhibited by the fear of making mistakes or being embarrassed. When this happens, we lose the vital connection with our musicality.

This workshop is for musicians who would like to gain greater access to their intuitive musical source. Exploring the necessary relationship between technical understanding (knowledge), skill improvement (practice), and innate musicality (individual creative expression), the workshop includes exercises for internalizing and strengthening basics, and utilizes spontaneous music-making as a tool for increasing relaxation and opening up creativity. It is of value to both improvising and non-improvising musicians.

Why "Goin' Out of My Head"?

Learning music includes acquisition of skills and theoretical knowledge. But if what we learn never filters past the realm of intellectual understanding, creative expression is limited.

If you've even been skiing, you know the skills and techniques required. With good practice, skills can become second nature, no longer requiring a great deal of conscious thought. Once that happens, advanced techniques are acquired more readily, and the very act of skiing can have one feeling as though they have transcended physical limitations. But when the "Steps" are not internalized, and the attention is focused on the various motor skills, one is less ready to meet

challenges and the unexpected, and far less likely to experience the feeling of flying.

Music isn't that different. After all, it's hard to express oneself through music if one is *thinking* about technique, "right" notes, sounding "good," making an impression. I think it's fair to assume that most people who sing or play an instrument have the desire to really express something, that most people want to feel relaxed, grounded, expressive, and free when making music.

What Happens in the Workshop

The workshop is a friendly, non-judgmental, participatory experience that is flexible enough to be adjusted to the number of students and their level(s) of experience. The foundation of the workshop is a two-fold approach for helping students get *out* of their heads and *into* their bodies/ears so that they can access and release music with greater spontaneity, relaxation, and joy.

Students are shown exercises for strengthening certain essential skills like time, harmony, and vocabulary, learning ways to "feed" these skills directly into the body. In the main part of the workshop, students participate in spontaneous and semi-spontaneous music-making exercises that can help them develop access to, and trust in, the inner, intuitive musician. All the exercises are appropriate for musicians at any level and can be repeated by students on their own. Incorporated into ongoing practice, these exercises can lead to the surprising discovery that we can do more with our voices/instruments than we imagined.

Students are asked to dress comfortably, and to bring their instruments, a sense of play, and an open mind.

Requirements

- Enough space for participants to be able to move about comfortably
- Two – three hours
- Amplified CD player
- A table and chairs
- Rhythm section instruments (optional, depending on participants and time frame)