

# Helene Ziebarth - Vocal Arts

## 9<sup>th</sup> International Vocal Summer Workshop and Masterclass



**Helene Ziebarth**

Classical singer and voice teacher

Originator of Voice Soul Breathing Body Principle

4.07. - 9.07.2011

at the Norwegian Opera Oslo/Norway

**Final Concert at the Norwegian Opera 9.07.2011**

The spectacular Norwegian Opera in Oslo located directly at the Oslo seaside, is an architectural masterpiece and an experience in itself. Here city life and international flair is combined with the mystique of the Norwegian nature. Being Norway's biggest stage institution, it is a perfect location for singing and cultural interaction!

**Classical singing and vocal teachings following the principle of a Holistic approach: Voice – Soul – Breathing – Body Awareness**

### Workshop and Masterclass Highlights

Body/Breathing Technique according to Helene Ziebarth/Dr. Julius Parow  
Vocal Technique in Relation to Body-Breathing Control  
The Wisdom of Building up the Body's Energy Centers in Relation to the Breathing/Singing Channel  
Vocal and Movement Improvisations  
Developing Your Repertoire

Tuition: 1.250 € per Workshop/Masterclass

Limited number of participants. **Enrollment deadline: 15. May 2011**

Further information and application forms:

[www.ziebarth-vocalarts.de](http://www.ziebarth-vocalarts.de), [ziebarth-vocalarts@hotmail.com](mailto:ziebarth-vocalarts@hotmail.com)

Contact information: Office: Tuva W. Hongve, +47- 93492262

Frøyas vei 10, N-1412 Sofiemyr, Norway

**[www.ziebarth-vocalarts.de](http://www.ziebarth-vocalarts.de)**

# Voice - Soul - Breathing - Body

## Let me assist your journey....

Find your own natural-given voice  
Recognize the power  
Understand the connection between voice, soul, breathing and body

**Artistic vocal expression implies a balanced quartet of:**  
**musical intellect • emotion • body • voice**

Intensify your awareness of and relationship with your unique vocal instrument: **the singing body.**

Through presentations by the course instructor and active interaction, you learn to recognize how intricately the natural properties of the singing voice, the **larynx/pharynx**, **diaphragm/pelvis**, the **jaw/tongue** and the healthy **spine** all interact.

The trained singing voice often suffers too much tension or too little energy in any of these particular areas. Avoid unhealthy practices which cause imbalance to the rhythm, body sound, and singing sound-flow.

Follow the natural rhythm of breathing when you sing.  
Develop and liberate **your individual sound.**

### COME LEARN HOW

This course features an introduction to the **breathing/body technique** according to Helene Ziebarth, based on the **breathing technique of Dr. Julius Parow**, through which the total body-breathing apparatus is trained by various exercises, and by gentle adjustment in posture that are completely natural to the human body.

### LEARN TO BUILD YOUR POWER

One **special highlight** of this course is learning how to **build the power of the energy centers** in the body and how to connect them.

Use this power to support the singing and breathing channels to totally and fully open your singing body.

Go directly into the core of your singing! Let the body resonate while you connect to the impulse and flow of breath through the singing-breathing-energy channel.

Set free immense power and sounds, stemming from the soul!  
Your original, inner energy **becomes audible.**

### Workshop/Masterclass timetable:

10.00 - 12.30 Workshop: breathing-moving-singing  
12.30 - 14.00 break/lunch  
14.00 - 17.00 Masterclass

[www.ziebarth-vocalarts.de](http://www.ziebarth-vocalarts.de)

# Helene Ziebarth

is a professional, **classical singer** and a highly talented **voice teaching specialist** with a unique knowledge and wisdom.

Mrs. Ziebarth has established her own studio in Düsseldorf in 1981 and in Oslo/ Norway in 1999, named: Ziebarth-Vocalarts.

She also has been invited to teach in the U.S.A, Canada and Belgium.



She has been **teaching voice solo and master classes regularly at the Norwegian Opera in Oslo, Norway since 2002**. Her educations



are Classical Singer and Voice Teacher, Physiotherapist, Rhythmical Gymnastic Teacher, Teacher for Music, Alexander Technique and Breathing Teacher and Therapist for „Functional Breathing Method by Dr. Julius Parow”.

**As a singer** she has sung countless international concert performances of oratorios, song recitals and performances of contemporary music as well as performances of **free improvisations** for singing and piano/ ensemble, also **together with artists from dance and painting**, throughout Europe and North America.



She regularly organizes **culture exchanges** in

Germany and many other countries, offering courses, master classes, concerts and opera performances.

# Picture gallery

## Norwegian Opera & Ballet/Oslo



Stand 02/11

[www.ziebarth-vocalarts.de](http://www.ziebarth-vocalarts.de)

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