

VOICE AND MOVEMENT MASTERCLASSES

AT THE ACADEMY OF THE ARTS LAUNCESTON WITH:

**JOAN MELTON (USA), MICHAEL LUGERING (USA) AND
AVIVA SHEB'A (N.S.W)**

**For actors, singers, performers or anyone interested in developing their
physical and vocal skills**

**A unique opportunity to participate in these exciting workshops from three
of the world's most renowned voice and movement pioneers from Australia
and the USA**

Participants should wear loose, comfortable clothing that allows them to move easily

Friday Nov 12, 7pm – 10pm: one-hour introductory session each.

Saturday Nov 13, 10am – 5pm: Joan Melton 10am - 12pm, Michael Lugering 1pm - 3pm,
Aviva Sheb'a 3pm - 5pm

Sunday Nov 14, 10am – 5pm: Michael Lugering 10am - 12pm, Joan Melton 1pm - 3pm, Aviva
Sheb'a 3pm - 5pm

**Venue: Annexe Theatre Studio, School of Visual and Performing Arts, University of
Tasmania, Inveresk Rail-yards, Launceston.**

Cost: \$280 full, \$220 concession.

**For more information, or to register, please contact Robert Lewis on 63244426 or email:
Robert.Lewis@utas.edu.au**

JOAN MELTON, PhD, ADVS

Author of *The Technical Core: Stage 1, Singing in Musical Theatre: The Training of Singers and Actors*, & with Kenneth Tom, PhD, *ONE VOICE: Integrating Singing Technique and Theatre Voice Training*



Integrating Singing Techniques and Voice/Movement for the Actor

Joan Melton is a pioneer in the integration of singing techniques and voice/movement training for the actor. Her work brings together the contrasting worlds of singing and acting training in an approach that is non-threatening, physically energizing, vocally freeing, and infinitely practical. In addition, she is a leading researcher in the area of breath management and recently headed a major study at the University of Queensland, Brisbane, SHRS, Division of Physiotherapy, "Breath Management Strategies of Elite Vocal Performers across a Range of Performance Genres." Workshops/Master Classes are tailored to the needs and interests of participants and may include: **I** Foundational aspects of technique: alignment, breathing, range, resonance, articulation and connection, as outlined in *ONE VOICE* (Heinemann 2003, website www.onevoicebook.com); **II** Cutting-edge information and experiential work connecting the technical trainings of actors, singers and dancers; **III** Exploration of a variety of vocal genres, as well as extended voice use **IV** Phrasing, for speaking and singing, and opportunities for individual performance coaching.

MICHAEL LUGERING

Master teacher of voice, movement and acting. Author of *The Expressive Actor*



Michael Lugering is a master teacher of voice, movement and acting. Mr Lugering has spent over 15 years researching the physical, psychological, behavioral and aesthetic aspects of human expression. The *Lugering Method* marks a revolutionary departure from traditional methods of actor training. In this truly integrated technique the voice and body, thought and feeling, sound and movement, psyche and soma are synthesized in the practical exploration of *expression action*. Mr Lugering's new book *THE EXPRESSIVE ACTOR: An Integrated Method*

of Voice, Movement & Actor Training is published by Heinemann Drama Books.

A central premise of the *Lugering Method* is that the study of acting should begin with a study of human expression. Expression is the process of revealing thought and feeling through movements, sounds and words. This universal, human activity provides the springboard for exploring the entire acting process. The *Lugering Method* articulates the integrated manner in which mental and emotional content are expressed through physical action in the body and voice. In this innovative and practical approach to training the “total actor,” the traditionally disparate disciplines of acting, movement and voice are synthesized in a unified method of training. The method is preparatory and foundational, designed to cultivate an awareness of the pre-conscious, physical and sensorial foundations of human communication. The goal is an expressive actor capable of a vivid, powerful and artful expression of thought and feeling that is spectacularly human and rarely demonstrated in daily living.

Mr Lugering has taught master classes in acting, voice, movement and classical text at theatre conferences and Professional Acting Training Programs throughout the United States, Korea and in the United Kingdom. Recent acting credits include *JOE*: performed in Las Vegas, Monaco, Scotland, Los Angeles, Liverpool, Japan and Quebec. Additionally, Mr. Lugering is a passionate director noted for his innovative approach to the classics. He has served as a professional voice coach for the Utah Shakespearian Festival and the Nevada Conservatory Theatre. Mr Lugering is a member of the theatre faculty at the University of Nevada, Las Vegas.

AVIVA SHEB'A

Writer, teacher, choreographer, actor, singer, dancer, creator of Vocal Dance



Beginning in the 70's, the dance therapy known as Vocal Dance was originated and developed by Aviva Sheb'a in Amsterdam. Vocal Dance, works wonders in the hands of a capable practitioner. Aviva Sheb'a is now based in the Illawarra, south of Sydney and trains folk in her unique method far and wide. Much more than dance therapy, Vocal Dance sessions are quite an experience. Vocal Dance is life changing and fun.

Aviva graduated from dance school in 1968. Her dance studies included Classical Ballet (Cecchetti method), Jazz, Classical Spanish, Flamenco, National, Character, African, Afro-American, Improvisation in Dance and Voice.

She has also studied Singing, Anatomy, Massage and Body Care, Stretching and Active Birthing. In recovering from a back injury (sustained, ironically while studying chiropractic in 1974), Aviva rediscovered dance, finding her way through improvisation. Her delight in movement led to vocalising as she danced. She gradually developed a blend of many dance and vocal styles, the voice adding a dimension to the expression. Aviva coined the term VOCAL DANCE while developing her system in Amsterdam in 1977.

Vocal Dance enables the dancer - whether professional or recreational - to find a balance of suppleness, strength, and beauty using movement and sound. The inhibitions many people face in using the voice with dance soon dissolve, allowing a broad range of expression. This enhances self-esteem and confidence in daily life as well as in performance.