

# Explore the joy of singing with the Alexander technique



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*Life changing! Thought provoking  
and truly inspirational.*

Jen Gold, Mallorca course 2013

**Residential Course  
in an idyllic and peaceful setting  
near Puerto Pollensa  
Mallorca**

**26 April – 3 May 2014**

**[www.linda.wyman.co.uk](http://www.linda.wyman.co.uk)**



## Why Singing with the Alexander Technique?

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It is a valuable practice widely used by **musicians** to improve the quality of their performance, artistic expression and entire well-being.

The teaching involves the skilled hands-on work of the teacher, discussion and observation.

This exploration of the relationship between the mind and the body is of **enormous benefit to singers** and is used in music colleges and conservatoires throughout the world.





## Tune your body Release your voice

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Together we will experience the joy and pleasure of group singing in harmony using the Alexander technique to help us

- release unnecessary and unhelpful tension
- introduce subtle but profound changes that will allow you to sing with greater freedom and ease
- reduce voice strain and risk of injury helping your breathing and singing to become fuller and freer

We will work together in the mornings, leaving your afternoons free to relax in the warmth, peace and beauty of Mallorca in spring. If you wish, you can join our optional evening sessions. We will sing an eclectic mix of songs and all teaching will be done by ear.

No previous experience of singing or the Alexander Technique is required to join us.

# Harmony, exploration and relaxation

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## About your accomodation

- luxury Spanish villas with heated pool
- spacious ensuite bedrooms
- 15 minutes stroll from the golden beaches of Puerto Pollensa and 5 minutes from the stunning San Vincente Pass
- delicious food, mainly vegetarian, freshly prepared by our very own chef

On Wednesday you will have the day to explore more of the island and to sample local specialities and traditional fare in nearby restaurants.



*I really enjoyed the whole experience ...  
course fantastic, food brilliant. Such a great  
location. See you again next year!*

**Philip Hardman, 2013**

# Your tutors

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This event will be led by three highly experienced and inspirational teachers, Linda Wyman, Karen Dietz and Kirsten Harris.



## Linda Wyman

Linda, a fully accredited Alexander teacher with over 20 years experience and a particular interest in singing, continues to be inspired and thrilled by how the Alexander Technique enables students to change and grow and continually improve their lives.



## Kirsten Harris

Alexander Teacher and artist, Kirsten is interested in the application of the Alexander principles in performance from horse riding to swimming, acting to music and has taught at the Edinburgh School of Music for the past 16 years.



## Karen Dietz

Karen is a musician, performer, and teacher with a wealth of experience in singing and performance. She is musical director to three community choirs in Scotland, and leads singing workshops and weekends throughout the UK. A member of the Natural Voice Practitioners Network, Karen believes that everyone can sing.



*We are so lucky in Karen, our choir leader, who is a patient, gifted and fun to be with teacher.*

**Anna Dickie, 2013**

# Booking Information

## Singing with the Alexander Technique



**Join us for this unique and unforgettable experience!**

26 April – 3 May 2014

Cost only £650\* (£550 if sharing)  
(\*Early bird only £590 or £490 if sharing)

Includes:

- 5 days tuition
- 7 nights luxury accommodation
- All meals (except Weds)

Excludes :

- flights and transfers

**Contact Linda now to secure your place  
(or for more information)**

**01620 842 678**

**[linda.wyman@talktalk.net](mailto:linda.wyman@talktalk.net)**

**\*PS: Book by 1st October with a deposit of £100 to take advantage of our early bird offer - and get £60 off!!!**

**\*PPS: As we don't want funding to hold you back, ask about our easy payment option.**



*A fantastic week! Lots of fun, great Alexander, incredible walks, amazing food and new friends!*

Pat Archibald, April 2013