

HUMANVOICE
ENSEMBLE



VIVA-VOCE

Three days intensive workshop

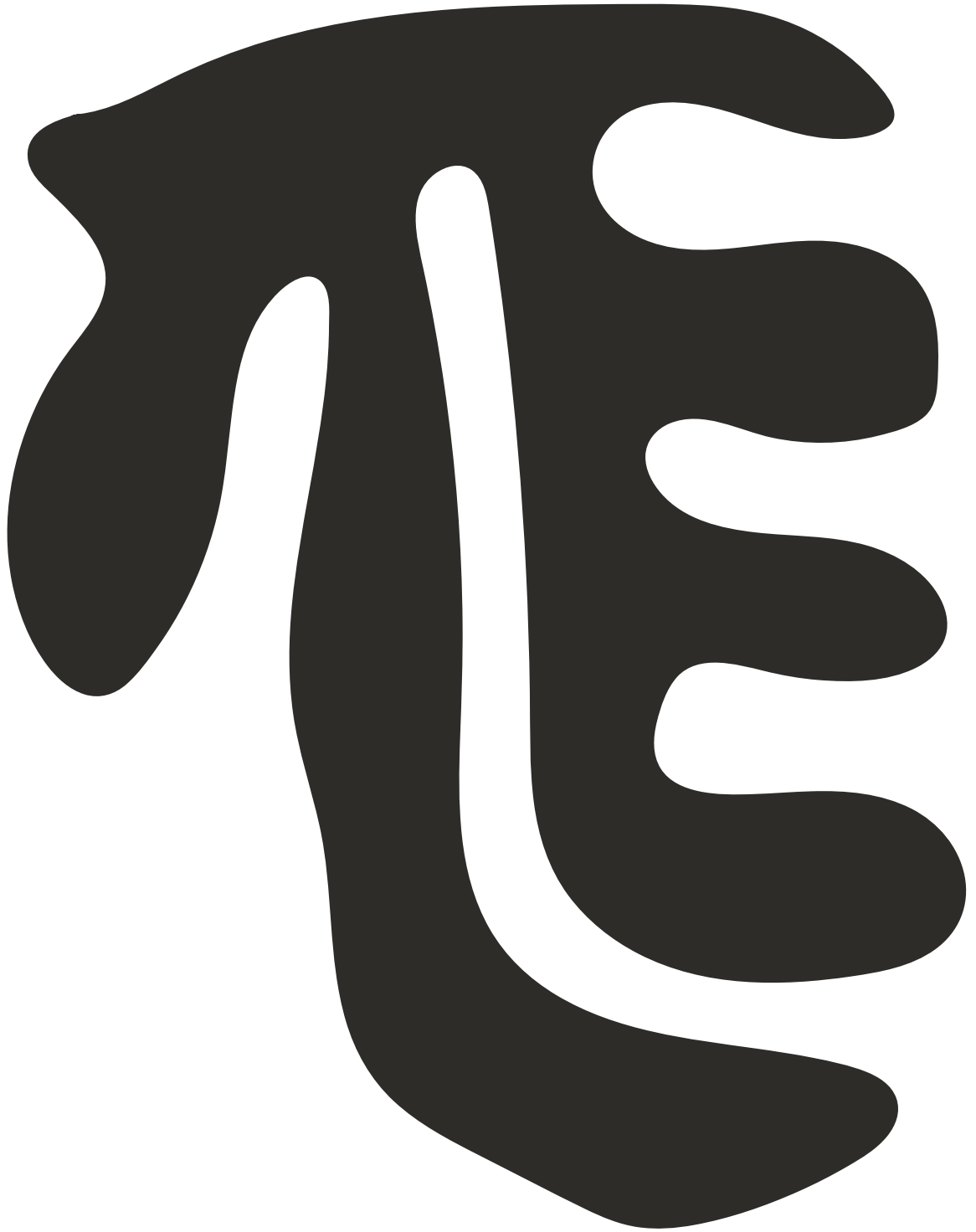


"What happens when one deserts the daily habitual techniques that form our voice and body, constructed by different cultures? What arises first is the deconditioning of one's perception. Then our attention can be stimulated by the new stimuli. Our tamed voice and mind can at last remember its untamed nature."

This workshop will explore the connections between body, breath, and voice, focusing more on stimulations and biological system. We start with physical awareness to become aware of the Action/Reaction in our biological system to awaken our untamed body. Next, we will focus on our voice and aural systems to decondition habitual/ learnt techniques and find natural impulses that can enter our attention field and recall our forgotten voice.

The exercises are aimed at freeing, developing, and strengthening the voice. The ultimate objective is a voice connected to sensuous impulses, shaped by the intellect but not inhibited by it. The emphasis is on unlocking physical and psychological blockages that stifle the human's voice.

During the sessions, we will also have the opportunity to see Persian traditional songs, ancient poses related to ritual-based movements, imagination, and spatial awareness to go back to pure sensuousness. This workshop is based on our work method which uses voice, body, and group activity, inspired by 10 years of deep amazement, training, and research in theater and music.



PROGRESSION



Recognition

Introduction to the concept and methodology

The conditions of the workshop

Physical Cycle and Imminence

Working on the natural physical cycles

Action-reaction technique

Active attention

Living Voice

Observing and feeling the sound in the body

Searching for our untamed voice through exploring the vibrations

Working on the personal songs of the participants to

study the functions of language, culture,

imagination, and communication.

The Hunters

Awakening of the pure sensuous through deep listening,

reflections, and organic behaviors in our body and voice.

Vigilance

Group activity through building a state of mindfulness

rooted in ritual ceremonies and mysteries to achieve unity.



SCHEDULE

DAY 01

10:00 -11:30

Awakening

Physical sequence
Ancient dances

12:00 -13:30

Viva-Voce

Explore vibrations

13:30 -15:30

Lunch break

15:30 -17:00

Hunter

Extension of senses

17:30 -19:00

Awareness

extension of
communication

19:00 -20:30

Vigilance

DAY 02

10:00 -11:30

Awakening

Physical sequence
Ancient Dances

12:00 -13:30

Viva-Voce

Observing the
sound in our body

13:30 -15:30

Lunch break

15:30 -17:00

Hunter

Extension of senses

17:30 -19:00

Awareness

extension of
communication

19:00 -20:30

Vigilance

DAY 03

10:00 -11:30

Presence

Total sequence

12:00 -13:30

Imminence

Necessity of sounds

13:30 -15:30

Lunch break

15:30 -17:00

Patience &

Conjunction

17:30 -19:00

Resources

19:00 -20:30

Vigilance



LEADERS



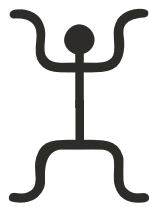
In the **Human Voice Ensemble** we focus on performance and research. Our work is guided by the idea of a laboratory where we can investigate our intuitions, previous experiences, and tools. It is very important for us to respect the ethos of the group activity where members can share their experiences, learn from and be responsible to each other. This, we believe, has the potential of developing its own unique language and work methodology over several years of constant practice. Training, practice and experience are the keys to HVE, and we try to understand them, by moving between the performer's physical training and vocal experiences. HVE is a group of people who share their experiences in various forms of training and research focusing on movement, performing arts. Each member of the HVE also brings their unique legacy from several years of executing artistic, educational and research-based projects to the group. We work both as an ensemble and in smaller groups on the materials that spark our curiosity about the body, sound and communication.

MENTOR OF THE HUMAN VOICE ENSEMBLE /

Navid Gohari

MEMBERS OF THE HUMAN VOICE ENSEMBLE/

Sarah Akbari, Arash Fattahi, Tahereh Hazave, Mohammad Majd Taheri, Niloofar Nedaei



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