



The Depths of Sound and Movement: An Exploration of Continuum Movement and the Power of Voice

with Bonnie Simoa
and Mouna Wilson

May 16-18th, Ashland, Oregon
\$175 or \$150 if paid by April 15th

Creating sound with breath and voice is a gift, is our birthright, and is a powerful form of expression. The power of the voice languishes beneath layers of tension, either psychological, physical, or both. *The Depths of Sound and Movement: An Exploration of Continuum Movement and the Power of Voice* is designed to allow the beauty of the voice to blossom and emerge. Through the practice of Continuum Movement and vocal explorations, you will embark on a journey to dissolve tensions, increase fluid resonance, and feel the expressive power of your voice.

We will explore the body's capacity for breath, and feel the vibrations of sound that produce vocal authenticity. We shift from outer to inner listening, and our sense of hearing becomes an inward sense of tactile vibration. Our listening deepens. We find fluidity in movement and sound creating a physiological resiliency that allows expressive freedom.

In a studio tucked away in the Colestin Valley in Ashland, we will enjoy a weekend of moving and singing. Community meals will be arranged, and shared housing is available for rent near the studio in "The Barnhouse". Space is limited. Please contact Mouna at 541-488-1469 to reserve your room/bed.

Mouna Wilson *has evolved during her 50+ year singing career from professional performer to master teacher. Classically trained, Mouna's continual years of additional study and experience in many forms of bodywork--including Feldenkrais, Rolfing, acupressure, orthobionomy Trager, and Biodynamic Psychotherapy--allow her a wide range of approaches in her individual and group work. She incorporates methods of relaxation, breathing, and "sounding" to strengthen the voice, increase breathing capacity, and expand vocal range. Through observing and exploring the singer's own experience, Mouna draws forth the singer's natural place of power.*

Bonnie Simoa, *MFA in Dance, is lead faculty in dance at Lane Community College. Bonnie teaches dance, yoga, and Continuum; and is a choreographer and performer. She has created over 25 original dance works, and has performed internationally. Having taught for 17 years, she is currently exploring the relationship between Continuum, yoga, dance, and the creative process. Her explorations into the potency of movement and its healing potentials have led her around the world to study Balinese dance in Bali, Pribadi Art with Buddhist movement master Suprpto Suryodarmo in Java, and Yoga and singing in India.*

**Cost of the workshop: \$175, \$150 if paid by April 15th.
There are no cancellations after April 15th.**

Please fill out registration form below and return A.S.A.P. This workshop will fill up fast!

Once your registration form is received, a follow up email will be sent. In the meantime, if you have questions, Call Bonnie at 541-683-9501 or reply to this email.

Registration Form

Name_____Email_____

Address_____

Phone number_____

Amount included_____

Please make checks out to Bonnie Simoa and mail to:

Bonnie Simoa
2180 Monroe Street
Eugene, OR 97405