



Autophonetics Voice Workshop



What is Autophonetics?

Autophonetics is a vocal technique that has been developed for you to work with your voice, expressing your own unique sound.

How does it work?

During this fun & expressive workshop, you will learn how to free up your own vocal expression, direct your sound in your body and work effectively with particular vocalic sounds and specific musical 'motifs' - short rhythmic patterns.

Each Inner Sound 'motif' has a particular focus & effect. They form the basis of this sound healing system & have been adapted for you to vocalize, using your own sound.

We teach you how to work with both your voice and your body by directing self-generated sound to different areas of your body. The vibration & movement your voice creates internally helps release stress and tension of a physical and/or emotional origin. Such tensions may be recent or have existed since childhood.

By 'giving voice' to it, you can release & resolve all types of tension, improving your body's ability to regulate itself & function more easily. You can change emotional patterns that may be preventing you from realizing your full potential as a creative individual.

What are the benefits?

Many and varied! Autophonetics is a simple technique. Easy to learn and incorporate into your daily life. Enables greater body-awareness & contact with yourself. Enhances self-expression & communication with others.

Autophonetics provides a 'tool' to create your own path of personal development, uniquely tailored to your needs & desires.

Autophonetics - Voice Workshop Basic & Advanced

Who might find this course interesting?

Anyone can do Autophonetics whether or not they have had any vocal training.

Autophonetics is complementary to all other vocal, chanting or singing techniques as it brings you into deeper contact with your body, feelings, emotions and energy.

Autophonetics uses vocalic sounds to create mechanical vibrations in your body. These sounds, similar to some vowel sounds that occur in many languages, are created by the natural resonance of the oral tract.

They represent the highest amplitude of vibration that can be created inside your body.

Sound Good?

Come & Experience for Yourself

NO singing experience or sight-reading of music required!



Booking Information



School for INNER SOUND (UK)



Sheila Hill is a trained Sound Therapy Practitioner, creating individualized treatments. She uses tuning forks, therapeutic music & voice.

Sheila's relationship with **INNER SOUND** spans over 25 years. She has been presenting talks, demonstrations and training in the UK since 2002. In 2005, Sheila became the Director of the School for INNER SOUND (UK) and is certified to teach a varied curriculum of the School's international education program.

Teaching Qualifications:

City and Guilds Teaching Certificate - Teaching Adult Learners
City & Guilds Level 4 Stage 1 Unit - Assessment Activities
City & Guilds Level 4 Stage 1 Unit - Resources

Practitioner-based Association Memberships

Assn of Physical & Natural Therapists (APNT)
British Complementary Medicine Assn (BCMA)
International Assn of Sound Therapy (IAST)

School-based Association Memberships:

British Complementary Medicine Assn (BCMA)
Complementary Medical Assn (CMA)

Sheila actively supports voluntary self-regulation of complementary therapy in the UK as Acting Lay Chair of the British Complementary Therapies Council. She is also Co-founder of the UK's first member-based Sound Therapy Association.

Booking Details Training Date: 2012

Basic & Advanced: 3 days
Thursday 19 - Saturday 21 July 2012

Workshop Fee: 195.00
(Price includes Motifs Practice CD)

Payment Options:

Pay by Bank Transfer (BACS) to
Inner Sound a/c
(Bank details given in Booking Form)

Pay by credit card: Paypal (fee applies)
Visit www.inner-sound.co.uk/pay.htm
Click on the Paypal button next to course date

Pay by Cheque (sterling only, make payable to 'Inner Sound Arden Wilken Ltd')

Send cheques to:
Inner Sound (Arden Wilken) Limited
15A Queens Road
Twickenham TW1 4EZ



Autophonetics Voice Workshop



Course Outline:

Typical Schedule

Day 1

Commence Basic Level Workshop:

Warm-up Exercises

Emotional Theory

Softening the musculature for greater
breath capacity

Using the 5 sounds of INNER SOUND
to balance the emotions

Day 2

Conclude Basic Level Workshop:

4 levels of Autophonetics
Using the 5 sounds of INNER SOUND
to balance the emotions

Special healing experience:
Healing Chakra Journey -
using your own sound

**Advanced level
Workshop commences
After Lunch
2nd Day**

Autophonetics Voice Workshop Basic Level

Teaching Aim

An in-depth introduction to the INNER SOUND
vocal technique: Autophonetics

Teaching Objectives

- Explain why the human voice is an ideal 'instrument for restoring balance & improving functional capacity
- Demonstrate a range of exercises to release tension in different regions of the body
- Demonstrate the 5 sounds of INNER SOUND that create an integrated release of tension in the body

Teaching Methods:

Lecture & discussion;
demonstrations;
Practical group sessions,
observation, feedback & review; Q&A

Learning Outcomes:

By the end of the Basic Level, you will be able to :

1. **identify** 4 physiological characteristics of our emotional responses
2. **understand** how vocalic sound transmits vibrations through the body
3. **vocalize** the 5 sounds of INNER SOUND
4. **perform** the integration movements for each vocalic sound
5. **perform** the breathing & releasing techniques demonstrated in class

No prior singing or voice work necessary



Autophonetics Voice Workshop



Course Outline:

Typical Schedule

Day 2

Commence Advance Workshop:

Participants learn to vocalize
21 of the INNER SOUND 'motifs'
to deepen self-awareness
& express their own 'inner sound'

Breathing exercises

Visualization & Movement Exercises

Advanced work with
INNER SOUND 5 elements

Day 3

Conclude Advance Workshop

Advanced level: **INNER SOUND** 5 elements

Application of **INNER SOUND** motifs

Vocalization practice
with integration exercises

Autophonetics Voice Workshop Advanced Level

Teaching Aim

To further student knowledge & experience
of the INNER SOUND vocal technique
Autophonetics

Teaching Objectives

- Demonstrate how to vocalize the 21 INNER SOUND motifs
- Demonstrate the exercises that accompany the motifs
- Describe how to combine INNER SOUND motifs that create an integrated release of tension in the body

Teaching Methods:

Lecture & discussion;
demonstrations;
Practical group sessions,
observation, feedback & review; Q&A

Learning Outcomes:

By the end of the Advanced Level, you will be able to :

1. **vocalize** the motifs of INNER SOUND
2. **perform** the integration exercises for each INNER SOUND motif
3. **understand** how to combine the motifs to Work with a range of emotional themes
4. **know** which motifs to use to focus sound in different segments of the body

*Learning to express your inner sound
in your daily life quickly & easily*