

**SATURDAY 22nd FEBRUARY 2020 : 9:30am – 5pm**  
**Royal Northern College of Music : Manchester**



# TENSION *Release*

## Helping voice users unlock tension and free their voice

**A day about managing muscular and psychological tension in professional voice users.**

A multidisciplinary approach to releasing tension from the experts in their fields. Hear the input from an experienced voice therapist, a skilled physiotherapist and learn how to self-manage tension through self-hypnosis or external vibration therapy to relax muscles.

### **EARLYBIRD PRICES** (Until 24th January 2020)

STUDENTS (in full time education)	55.00
MEMBERS	85.00
NON-MEMBERS	115.00

### **FULL PRICES** after 24/01/20

STUDENTS (in full time education)	65.00
MEMBERS	100.00
NON-MEMBERS	130.00

Find out more and book online at:

### SPEAKERS

#### **David Ley**

*Professor, University of Alberta and Founder of Vibrant Voice Technique™*

**An introduction to Vibrant Voice Technique™:** simple methods to help clients release vocal tension at home or on the go

#### **Paul John McKenna**

*Specialist Speech and Language Therapist, Neuro-Linguistic Programming and Hypnosis Master Practitioner*

**3,2,1 Relax: A Practical Guide to Self-hypnosis**

#### **Sue M. Jones**

*Consultant SLT in Professional Voice Rehabilitation*

**Voice therapy techniques for the release of muscle tension**

#### **Charles Ward**

*Sports & Laryngeal Therapist*

**Manual Assessments of Muscle “Tension”**

#### **Rehab Awad**

*Clinical Lead Speech and Language Therapist, University Hospital Lewisham, London*

#### **Rebecca Moseley-Morgan**

*Specialist Vocal Coach for the mature female voice, PhD candidate University College London*

#### **Sarah Wright-Owens**

*Singing Teacher and Vocal Rehabilitation Coach*

Paper presentation: **External Voice Vibration Therapy**

**[www.britishvoiceassociation.org.uk](http://www.britishvoiceassociation.org.uk)**