

# TENSION RELEASE

Saturday 22nd February 2020

Royal Northern College of Music, 124 Oxford Rd, Manchester M13 9RD

---

- 9.30 Registration
- 10.00 Sue M Jones, Consultant SLT in Professional Voice Rehabilitation  
*Title: Voice therapy techniques for the release of muscle tension*
- 10.45 Charles Ward, Sports & Laryngeal Therapist  
*Title: Manual Assessments of Muscle "Tension"*
- 11.30 Coffee
- 12.00 David Ley, Professor, University of Alberta & Founder of Vibrant Voice Technique™  
*Title An introduction to Vibrant Voice Technique™ - simple methods to help clients release vocal tension at home or on the go.*
- 12.45 Rehab Awad, Clinical Lead Speech and Language Therapist  
Rebecca Moseley-Morgan, Specialist Vocal Coach for the mature female  
Sarah Wright-Owens, Singing Teacher and Vocal Rehabilitation Coach  
**Paper presentation: External Voice Vibration Therapy**
- 1.00 Lunch
- 2.00 Paul John McKenna, Specialist Speech and Language Therapist, Neuro-Linguistic Programming and Hypnosis Master Practitioner  
*Title: 3,2,1 Relax: A Practical Guide to Self-hypnosis*
- 2.45 Charlie Ward, Sports & Laryngeal Therapist  
**demonstration** with volunteers in practical session
- 3.15 Tea
- 3.45 **Practical sessions with David Ley and Paul McKenna**  
(Delegates split into 2 groups to explore different approaches and then swap over)
- 4.45 Q & A
- 5.00 End