

ARTIST.lab Fitzmaurice Voicework



Teacher: Traci Foster

Sunday January 20 11:00am – 12:30pm

Globe Theatre Meet on the 4th Floor

Pay-What-You-Can

ABOUT CLASS

Fitzmaurice Voicework® is a somatic approach to voice that “explores the dynamics between body, breath, voice, the imagination, language, and presence. Integrating physical experience and mental focus, the work develops vibrant voices that communicate intention and feeling without excess effort.”

(from <http://fitzmauricevoice.com/about.htm>)

Traci teaches Fitzmaurice Voicework™ as an inclusion-focused practice and uses pleasure as guiding principal from which to explore from. She facilitates from same kind of sensitivity and directness she brings to life and her personal practice as an artist and director. In this brief workshop, we will explore voice as an action that comes from a body in touch with its sensations. We will explore how Fitzmaurice Voicework™ gives us tools and strategies to listen to the insight of our biology while staying present and connected to the environment holding us. You will be introduced to using your voice while maintaining your humanity and the ridiculous nature it.

“There are many practical benefits to improved vocal functioning. And, since breath and voice lie at the intersection of the material and the non-material, this work can also assist in creative, intellectual, and spiritual growth.” – from *Breathing is Meaning*, Catherine Fitzmaurice.

ABOUT TRACI

Traci Foster is an inclusion focused multidisciplinary artist, educator, coach and director, who was Canada’s first certified Fitzmaurice Voicework™ instructor (2006) and is one of Canada’s lead practitioners of the work. She explores and develops her work through somatic arts with a focus on where awareness, intuition and action intersect. Traci is the recent and humbled recipient of the 2015 YWCA’s Woman of Distinction Jacqui Shumiatcher Arts Award. She is a cofounder of Listen To Dis’ Community Arts Organization Inc: a disability led disability arts organization. Her latest area of artistic focus is as co-creator and director of *Mine To Have: Sensuality and Circumstances*, a theatre production done in collaboration with her company, The Other Ordinary.

LEARN MORE

Contact Andrew Ritchie at andrewr@globetheatrelive.com or **306.924.2813**

www.globetheatrelive.com/globe-theatre-school/1819-programming/artist-lab