

*"This class opens up a workload of potential. I feel more relaxed, open and resonant.
I also feel more confident about singing and speaking in front of others."*

VOCAL GYM



- **Have you always been told to be quiet?**
- **Do you get tongue tied when you need to communicate?**
- **Are you shy about singing?**

Make dramatic improvements in just one day, in the amazing Vocal Gym workshop.

I developed Vocal Gym when I was a professional opera singer and found conventional approach to developing voice too tedious. As a result, I made progress much faster and reached the positions I desired before some of the singers I started out with.

Vocal Gym will give you easy and fun solutions to many vocal problems. It is proven, because I have been using it myself for twenty years. And it helped many participants lose their inhibitions, gain freedom of expression, bigger range and conviction when speaking.

I would like to share with you one of my favorite exercises: "The Silent Scream"

Open your mouth wide and make a long "screaming" sound with just the air coming out - no actual sound. In order to do that, keep your throat really open while tensing up your face, jaw and neck as if really "screaming". You will experience an immediate release of tension and your speaking voice will improve.

All of my proprietary Vocal Gym exercises are like that, simple and effective. They will help you experience rapid improvements in your speaking or singing by the end of the day - GUARANTEED!

Vocal Gym Participants' Reviews:

“Paula has unlocked the secrets of how to transform your singing and speaking voice in one day. I have benefited from this class in that my expressive abilities are free and natural. Paula guides the exercises of the Vocal Gym, so that students are confident that they are doing them correctly. Thank you for your generous spirit in assisting us in realizing the possibilities those were beyond our imagination.”

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“It has been my long standing concern that I often cannot be heard. It is embarrassing when people say, “I don’t hear a word you said, speak louder”. This course has truly helped me become more aware of how to use my body and voice to speak with more conviction, clarity, and volume. The intimate group was so important and so unusual when taking a course. I can only say thank you to Paula for keeping this course so personal and the group small. I look forward to going back out into the “real world” with my new voice! In just one day I feel more confident that I will be heard.”

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“Before taking this class with Paula I felt uncomfortable with my voice, which was reflected in tension and a reduced ability to express myself. At the end of the day of the Vocal Gym workshop, I feel that literally decades of tension stored in my body – relating to voice and expression – have been released. I feel more integrated in that I have reclaimed the ability and power of my voice. I would recommend this workshop to anyone who needs to be an effective communicator. The workshop was a fun and enjoyable way to open up a sense of possibility with my own voice.”

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“Paula’s Vocal Gym approach taught me how to find both my voice and the words to express myself clearly, confidently and with the conviction of my feelings. She explained how sounds are generated from our entire bodies and demonstrated exercises to help release those sounds. In a relaxed, supportive and playful environment, we practiced the exercises. The end of the session, we celebrated the progress we have all achieved.”