



## ***Workshop with BiP™ Voice Training in Elst, March 22-24, 2019***

BiP™ Voice Training (Balance in Phonation) is a voice training program suitable for both speaking voice and singing voice. It strives to find everyone's personal body-mind connected voice. The practical exercises are meant to arise the psychophysical functions in the body and to help the person to understand how to benefit from the body's own work. The purpose of the training is to achieve a healthy and sustainable voice and enhance both the interpretation and the expression through this efficient and economical body work.

By developing and strengthening the speaking voice, and to stay at the speaking voice level even when singing, the BiP™ student will discover how the will power of the expressive words will, by itself, establish the suitable subglottal pressure. When this happens the student will ***find*** both his/her unique voice and the interpretation instead of trying to ***do*** them.

Approaching voice technique this way is a well-functioning pedagogy and the use of the expressive text will enhance the acoustics and give the singer/speaker a tool to improve the deep art in communication.

BiP™ defines five basic principles, used in the practical training:

- 1. A balance posture.*
- 2. To recognize the functional difference between normal and phonation breathing.*
- 3. The collaboration of "four diaphragms".*
- 4. To let the natural reflexes and functional reactions happen in voice production.*
- 5. The functional separation of articulation and phonation.*

The workshop will give a theoretical explanation of the five basic principles and practical training in how to include the principles in everyday voice training.

## Welcome to BiP™ Workshop in Elst March 22-24 2019 with Susanna Metsistö and Helene Lux Dryselius

**Time:** Fri 22/3 16.00-20.00, Sat 23/3 10.00-17.00, Sun 24/3 9.00-16.00.  
*Coffee fruit/cake included. There will be a break for lunch Saturday and Sunday (lunch not included).*

**Location:** Nieuwe Aamsestraat 84c, Elst, Netherlands.

**Price:** 470€, maximum 12 participants.

**Registration:** Registration by February 3rd 2019 to [h@vocalux.se](mailto:h@vocalux.se).  
Practical information: [r.kreeft.logopedie@outlook.com](mailto:r.kreeft.logopedie@outlook.com).

**N.B.** The course will be in English. The registration is binding.  
No refund but a participant can transfer their spot to a substitute.



**Susanna Metsistö** is a speech pathologist, poetry performer and a theater teacher. She studied logopedics in the University of Helsinki and theatrical skills in Theater Academy. She is working as a lecturer of voice production and care at the University of the Arts, Sibelius Academy, where she coaches, in addition to the voice production, also poetry performance. She also has a private voice therapy clinic for functional voice disordered persons. She is also Certified Course Instructor of BiP™ (speaking voice).



**Helene Lux Dryselius**, classical singer and voice pedagogue, is mainly educated by Ritva Eerola, but also by several renowned teachers within interpretation and opera directing. As a Certified Course Instructor in BiP™ and with more than 25 years of experience she runs her own "Vocalux Voice Studio". Apart from the studio she arranges Masterclasses and gives lectures and concerts at a freelance basis. Helene holds currently the position as a secretary of the board of VoTS, Voice Teachers of Sweden. [www.vocalux.se](http://www.vocalux.se)

BiP™ Voice Training has gradually been developed, during fifty years of experience and research, by the Finnish speech pathologist and voice teacher Ritva Eerola and it was presented at the International Congress of Voice Teachers, ICVT, in Stockholm in August 2017 and at EUROVOX in Den Haag in September 2018.