

Voice and breathing, individual lessons.

Present hours: every Tuesday from 3 to 6 pm

It is breathing that gives sound to the voice, and unconsciously our breathing, and thus our voice, reveal our physical and mental condition. Our breathing reacts to everything that happens to us, and our whole body reacts to the way we are breathing. If breathing, or rather breathing out, is free and natural, the voice and thus singing will automatically be good. Only very few people are relaxed and unrestrained enough to sing effortlessly without any training, and usually even simple speech costs us a lot of energy.

We all have many inhibitions of which we do not even know the origin. These, however, block our expiration and cause a strain on the voice, with the result that singing, and even speaking, does not work the way one would wish.

We do not propose lessons of singing, but with simple exercises we can help in relaxing tensions and releasing expirations. Once you relax, you gradually come to realise what your voice can do. When breathing is free, and the voice with it, you become more perceptive, and your general well-being improves. The work is often very liberating, not just because it improves our performance in singing, but because we learn to breathe better. And because during these lessons there is no criticism, no judgement, we can really become ourselves and for a while, be one with ourselves.

Who is concerned?

These lessons are appropriate for everybody, of all ages. Very young children are, however, naturally spontaneous, usually until they start school. It is therefore more important to start work on breathing and with singing from the first year of school on. Old age is not a limitation either.

Who gives the lessons?

The mezzo-soprano Jana Lewitova, graduate of the Prague Academy of Music, one of the foremost performers of Renaissance and Baroque music. She studied classical singing under Professor Karel Berman, Professor Terezie Blumova, as well as Baroque music under Jessica Cash at her Summer Academy of Ancient Music in Innsbruck. Jana Lewitova often presents unknown and unpublished music in her solo recitals at home and abroad (e.g. Early Music Network, London).



Why would you like to work on your voice?

You would like to learn to sing even though you think you are hopeless at it.

You use your voice professionally and wish to learn to speak freely and naturally.

You have suffered a voice problem and wish to overcome it.

You wish to overcome timidity in public.

You would like to find out how, with gentle guidance, you can express yourself naturally.

You can learn to sing in order to relax your mind and body.

When? Tuesdays 3p.m. to 6 p.m., with other times upon individual demand

Price: 500 kc for one-hour lesson

Foreigners: Jana Lewitova gives lessons in English as well