

————— hum —————

# hum Workshops

## **Voice/Movement Integration**

This is a workshop offered by Susanna Hood to explore the integration of voice and movement, where voice becomes an additional limb to the body; voice being partner to movement, movement being partner to voice. In the spirit of her creation work for **hum**, the workshop is built to nurture a spirit of exploration, personal discovery, and delving deeply into the unknown. Based on her evolving creation process as well her studies with such teachers as Richard Armstrong, Fides Krucker, Katherine Duncanson, Ruth Zaporah, and Anne-Marie Hood, Susanna draws on breathing and singing exercises, as well as improvisational games and scores to root the voice in the body, awaken the imagination and develop the body into an instrument for sound, word and movement. Depending on the participants and the length of the workshop, there may be some focus on pitch and singing and working with text and/or song, as well as the use of visual arts as an intermediary link between voice and movement.

The class can be catered to performers, non-performers, or combinations of the two, and structured over a single or multiple days. The main pre-requisite is enthusiasm and a desire and openness to explore new territory.

## **Sound/Movement Improvisation and Interdisciplinary Creation**

This is a workshop taught by both Susanna Hood and Nilan Perera, drawing on elements of the collaboration that has built much of the **hum** repertoire.

Each workshop day begins with a physical vocal practice to both prepare the body as an instrument for sound and to explore the integration of voice and movement as detailed in the above description. Woven into this warm-up are exercises and games in rhythm and sound improvisation drawn from a combination of Nilan's practice and John Stevens' "Search and Reflect" music workshop handbook. The day will then move into a broader exploration of strategies for interdisciplinary creation. At the heart of this process are tools for facilitating the meeting of movement and music through improvisation, where the two forms inform rather than accompany each other. This template for integrated creation between dance and sound can then be extended to include other disciplines such as visual arts or writing. Participants are encouraged to bring all their skills and tools into the act of creation at whatever level.

Ideally, we invite participants from both movement and music backgrounds to participate in the workshop, but the work can be catered to performers and non-performers of all backgrounds. This workshop is best structured over a minimum of two days.