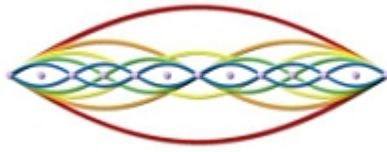


The Secret of Overtones - The Second Voice in You

how to activate the harmonies of nature in your life

Workshop with Overtone Singer Miroslav Grosser, Berlin



Overtone Singers have the ability to sing two melodies with their voice in one time.

How is this possible? Overtones are the subtle vibrations in every sound which are the so called colours of a sound.

It is possible, by using the human voice, to amplify at least twelve frequencies from one's own voice additionally to the fundamental note so that we obtain the impression of two voices in one. The exceptional wonder is: these overtone frequencies are always in natural perfect harmony, being integral multiples of one another. In this workshop Miroslav reveals the secrets of sound in detail, which means that you get a deeper understanding of the structure and mode of operation of every single sound.

Yet this is not only theoretical, but also very practical. Miroslav shows us how to amplify the overtones of a natural sound in an instrument and especially in our voices, so that we can use their enormous healing effects for our body, mind and soul. Yes, overtone singing can change your life in a positive way, but how?

Here is a list of some of the effects achieved through overtone singing:

- singing overtones calms the mind immediately, so that the inner dialogue is stopped and you come to rest
- singing overtones activates new parts of your brain because it is an expansion of consciousness in deed
- singing overtones helps to reach higher states of awareness and spirituality through very high frequencies
- singing overtones can balance your various energy bodies, like the physical, emotional, etheric body etc.
- overtones are part of every natural sound and through a new perspective about it you will get deeper access to sound in general to enjoy higher sensitivity for the subtle dimensions of sound and music
- singing overtones consciously will enhance your natural voice, so that you can improve your speaking and singing voice

Content of a daily workshop:

- vocal exercises to prepare the body, the mind and the voice for overtone singing
- elucidation of the connection between voice and personality in order to achieve an authentic natural voice
- listening techniques of perceiving overtones in every sound
- three different styles of western overtone singing (totally relaxing for voice, body and mind)
- introduction in polyphonic singing (singing with two melodies in one voice) and how to use it in music
- possibilities to apply overtones in your daily life and in sound healing sessions or meditation
- vocal improvisations and trance experiences with overtone singing to expand consciousness
- background information about the physical, musical, philosophical and spiritual aspects of overtones

No musical education required. Every voice is very warmly welcomed!

More information about Miroslav Grosser you will find in English, Russian or German on his website www.stimmlabor.de

or in his YouTube-Channel with a lot of video clips with overtone and polyphonic singing <https://www.youtube.com/user/MiroslavGrosser>

