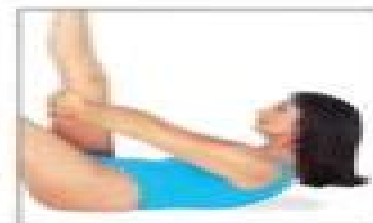




THE OFFICIAL

BODY CONTROL PILATES MANUAL



The Ultimate Pilates Guide
For Fitness, Family Health, Sport and at Work

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Singing and Teaching Singing Janice L. Chapman, Ron Morris, 2021-12-06 *Singing and Teaching Singing* A Holistic Approach to Classical Voice Fourth Edition continues to be a beloved resource for singers and their teachers speech language pathologists and laryngologists and an adopted text for instructors and students in voice singing and performing arts courses Janice L Chapman is able to draw on her experiences as a singer with some of the world s leading opera companies to present a teaching technique specifically focusing on voice in the areas of classical and opera singing Interspersed with the concepts and components of Chapman s methods are vignettes from her life and career animated by her conversational and vibrant style to guide and entertain the reader through the book in a step by step fashion Now expand to include joint authorships with Dr Ron Morris the fourth edition draws on his experience as a speech and language therapist audiologist and singer and widens the scope of the book to view current studio teaching practices through a scientific lens The philosophy of teaching presented combines three main facets Holistic

Physiological and Incremental The Holistic segment emphasizes that the act of singing involves the whole person i e body mind spirit emotion and voice the Physiological segment stresses anatomy muscular function and effects of muscular interactions so that students and teachers alike can understand and visualize the functional workings of the torso larynx and the vocal tract and their impact on good singing practices and the Incremental section shows that the act of singing and the teaching of singing can be broken down into manageable components that have a natural hierarchy that eventually interact and interlock This teaching model provides a framework to master one element at a time with the resulting effect of a complete and integrated mastery of technique Chapman recommends this framework for rehabilitative work with the dysfunctional singer for working with the developing singer and for the ongoing development and maintenance of the technically able professional singer This highly readable text includes contributions from renowned voice professionals case studies evidence based and practical examples exercises and videos New to the Fourth Edition New editor and co author Ron Morris BSpThy Hons MMusStud Voice MSPAA MASA CC PhD The addition of completely new chapters on Laryngeal Registration Vocal Acoustics and Acoustic Registration Clarifications and exercises by Dr Ron Morris on the use of the Accent Method breathing as a highly effective remedial and training technique Expanded and updated information on Breathing and Support Vocal Acoustics Registers Laryngeal and Acoustic Teaching and Learning Hearing and Singing and Manual Therapy Exercises have been significantly expanded and now are contained in a chapter of their own which includes some information on lesson structure and practice Significant updates reflect the current state of research and the latest advances in voice science and pedagogy have been referenced throughout A new glossary has been added for ease of reading and clarification of pedagogical terms used in the text Speak Easy 3rd Edition Maggie Eyre, 2015-11-27 Surveys show that most people fear public speaking more than death So how do you prepare effectively for a speaking engagement What do you need to know about your body your voice the audience the technology Maggie Eyre has over 30 years experience as a media trainer communications consultant and performer In Speak Easy she takes the reader through the complete process from initial concept to final delivery Included are chapters on body language voice health warming up managing your audience fear media skills social media how to use technology grooming and learning your lines The text is illustrated with anecdotes and case studies based on Maggie s own work and experience and is packed with useful tips Practical and authoritative this is the essential book for anyone facing a business presentation or an after dinner speech **Speak Easy** Maggie Eyre, 2010-02 For most people nothing is so daunting as public speaking Whether making a business presentation or an after dinner speech the same symptoms and fears appear dry throat sweaty palms increased heart rate fear of making a fool of yourself saying the wrong thing drying up altogether All of these things can be overcome In SPEAK EASY Maggie Eyre shares her considerable knowledge and experience as a communications consultant and media trainer to show you how to build your confidence to speak in public with ease and flair And confidence is the key All of the advice in this practical book is aimed at developing the

self confidence every speaker needs to communicate effectively There are many building blocks involved in the process but Maggie Eyre explains how to use them all with a host of anecdotes and examples to illustrate her points Business leaders politicians lecturers and media presenters have all successfully followed her advice With SPEAK EASY you too can be a successful public speaker Physical Activity Instruction of Older Adults C. Jessie Jones, Debra J. Rose, 2005 Application activities at the end of each chapter prepare students to design well rounded physical activity programs for older adults Other student friendly elements include chapter objectives introductions summaries study questions key terms and key points This book is ideal for undergraduate students and it is an excellent reference for physical activity instructors of older adults fitness specialists personal trainers and activity directors P 4 of cover

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