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**CELEBRATING THE EMBODIED VOICE –
A Sound and Movement Playshop to Welcome the New Year
at Fort Worden’s Madrona MindBody Institute, Port Townsend
Saturday, JANUARY 24th, 2pm-5pm**

On Saturday January 24th Port Townsend’s award-winning songwriter/vocalist **Judith-Kate Friedman** will offer a three-hour sound and movement “playshop” at Madrona MindBody Institute in the Gym Building 310 at Fort Worden State Park, 200 Battery Way, Port Townsend. The cost of the workshop is \$30-\$55 based on a sliding scale. Work scholarships are available. Singers of all ages and levels of experience are welcome. Pre-registration is recommended. For more information and to register, go to www.madronamindbody.com/upcomingevents/ or phone: 360.344.4475. To learn more about Friedman’s approach to music and vocal coaching, visit: www.judithkate.com/workshop.html

The workshop:

“Each voice and body is unique. The more we find and embody our songs, the healthier and more whole we become.” – Judith-Kate Friedman

Celebrating the Embodied Voice is an invitation to start the year by exploring and awakening the body-as-instrument. Participants will move from simple toning and vocal layering into creating body-soundscapes and vocal/movement improvisations in an encouraging, “failure-free” environment. Practical tools for vocal health, breath techniques, and exercises to increase pitch precision, confidence, and freedom of expression will be covered. Individual voices will weave into group rhythm, harmony, and community in a Great Dance, setting intentions for the year to come. The workshop will close with reflection using drawing, collage, and creative writing to further integrate the experience and make sonic and visual touchstones to take into 2009.

Judith-Kate Friedman is a life-long singer with more than 25 years composing, recording, producing and coaching musicians of all kinds. Recipient of a 2009 National Endowment for the Arts grant to bring song-making to the Olympic Peninsula, she weaves elements of her work with dancer Anna Halprin and jazz improvisers Rhiannon and Raz Kennedy (Bobby McFerrin’s Voicestra) into her workshops. For more information, visit: Judithkate.com and songwritingworks.org

Madrona MindBody Institute, Fort Worden’s well-being and moving arts center is becoming known as the NorthWest’s home for conscious dance and movement. Classes in Soul Motion™ (inspired) dance, Yoga, Nia, Pilates, Belly Dance, and Awareness through Movement are offered weekly. Guest teachers from across the U.S. offer workshops throughout the year. For more information and to register for Celebrating the Embodied Voice, contact: www.madronamindbody.com/comingevents/

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