

**Capilano College – Students' Union
Celebration of First Nations People**

Jessi Nicholson

Workshop Description

Thursday, April 1, 2004

2:15 – 3:15 pm

Students' Union Maple 116



Workshop Title: "Freedom Is A Voice!"

(focus: voice improvisation and experimentation)

Duration: 1 hour

*This workshop is designed for ALL participants who wish to take part. Musical level or ability is not important.

Participants of this workshop will enjoy a positive, non-competitive and "safe" experience in which they will experiment with their voices, utilizing the creative process. Through voice and "theatre-esque" exercises and activities, each individual will have the opportunity to work with his or her own unique sound and creative ideas. Activities include individual and group work. Please come prepared to move. You may wish to bring a water bottle.

Artist's Biography

Jessi Nicholson ("Jessi More")

Singer/Songwriter & Arts Educator, Vancouver, BC

Jessi Nicholson, who has acquired the stage name "Jessi More", is an accomplished performing artist and arts educator, originally from Regina, Saskatchewan. She has recently made Vancouver her home and has become actively involved in the arts community. She holds her Bachelor of Music Education Degree in Voice and has performed and taught across Western Canada, the Yukon and has visited the United States. She is dedicated to the creative development of human beings. Her specialized workshops, camps, lessons and performing opportunities have taken her on provincial school tours, to conferences, festivals and fundraisers and has included teachings in voice, improvisation, clowning, masking, story creation, rhythm creations, music theory, creative movement, song creation and musical theatre. She has had the privilege of teaching students ranging from preschool age through adult and feels that each person has something special to offer.

For bookings or information contact:

www.jessinicholson.ca or jessimorevocalist@hotmail.com

Freedom Is A Voice! - Vocal Improvisation Workshop

Length: 1 hour

- A. **Opening - Gather In Circle** (5 minutes)
- * Introduction of Jessi (instructor)
 - * Brief description of the workshop
 - * Trust
 - * Risk Taking (being a kid/importance of play)
- B. **Warm Up Activities - group and individual** (5 minutes)
- * Name game
 - * Yawning and Breathing
 - * "pass the sound"
 - * greeting with a sound and a handshake
- C. **Voice & Movement Activity** (5 minutes)
- D. **Human Pile Sound Pit** (5 minutes)
- E. **Human Machine** (10 minutes)
- F. **Group Songwriting Improvisations** (get ready to be silly!) (15 minutes)
- G. **Group Chant** (10 minutes)
- H. **Wrap Up & Jessi's Special Performance**
(with the help of all participants)