

GIVE YOUR
VOICE LIFE
GIVE YOUR
LIFE VOICE

**LIFE
VOICING**

With Trio A Due

**“OPEN YOUR HEART TO
THE MUSIC WITHIN
LIKE SHIMMERING LIGHT
YOUR SONG SOARS
TO ONCE REMEMBERED
HEAVENS.”**

ALMUT SEEBECK

Trained in the 'bel canto' tradition according to Benjamins Gigli, TRIO A DUE teaches an easily flowing vocalization – a natural development and opening of the singing voice. Emotions are deepened and transformed directly into vocal expression in an uplifting way.

“Experiencing singing with TRIO A DUE produces in me a deep feeling of exquisite happiness...”

University Lecturer, Auckland, NZ



“My heartfelt thanks for the wonderful weekend workshop at the Würzburg Residence. I value the intensive time we spent together as a group, and I am extremely happy not to have shied away from the long way I had to come...”

Physicist, Bordeaux, France

LIFE VOICING WORKSHOPS WHAT DO THEY OFFER...

- Learning without the stress of having to read music and audition
- Training of the individual voice, its adaptability and richness of nuances
- Introduction to the 'bel canto' singing technique
- Developing possibilities for vibrant communication and expression in gesture, movement and dance
- Enabling holistic body and self-awareness
- Learning through science and literature the interconnection between Life and Voice
- Supporting healing and facilitating resonance experiences

Using vocal literature from various cultures, styles of music and epochs - Lieder, Arias, Renaissance, Romanticism, Pop and Jazz

SINGING SOURCE OF JOY

“In only a very short time my inhibitions and insecurities were gone. The wide range of studied music produces an incredible energy and joie de vivre...”

Medical Student, Zurich, Switzerland

“LIFE VOICING – Experience of great beauty and joy, true medicine for the soul. Thank you Almut and Felicitas...”

Health Care Manager,
Auckland, NZ

“The season of singing has come”

Song of Songs 2.12

... in small groups, at large events, day or weekend workshops, seminar week or private function; in schools, universities, in concert halls

**ALMOST EVERYTHING
IS POSSIBLE!**

HOW TO ENROL...
Please visit our website for all
the information about current
LIFE VOICING Workshops

www.life-voicing.com

“When I sing with you all stress falls away. The extraordinary piano accompaniment takes you both light and lively through the hours. Afterwards I always feel re-born and go home full of joy and energy.”

Business Economist, Bamberg, Germany

“Your charisma, the sound of your voices, your mindfulness when singing with us has totally blown me away. To sing with TRIO A DUE was incredibly comforting and I have now something very beautiful and bright to give me strength in my everyday life...”

Chemist, Frankfurt, Germany



SINGING WITH TRIO A DUE

Right from birth we express feelings and needs through sounds and tones. However, this innate ability is often lost in the course of our personal development. In response we long for a more spontaneous expression of life and vigour reclaiming the connection of body and soul!

And this is where *LIFE VOICING* begins:

After many years of experience within the framework of international concerts, psychotherapeutic practice and teaching at schools and universities, TRIO A DUE has

developed *LIFE VOICING*, a concept which responds to this longing for a more integrated self.

The experience of our voice – it's mobility and projection into the room, it's emotional expressiveness and changeability, together with breathing exercises and movement, results in a holistic and vitalising personality development.

“*Singing is the true mother tongue of all human beings...*”
Lord Yehudi Menuhin

Singing modulates neuronal activity in the brain and brings about both the regulation and harmonisation of mental processes. Already, after singing for 20 to 30 minutes, the production of the stress hormone adrenaline decreases and the amount of antidepressants naturally produced in the body, such as beta-endorphin and serotonin increases.

The cortex areas of the brain responsible for anxiety and negative moods are realigned.

“*Singing unites different people and personalities, peoples and cultures*”
Trio A Due

SINGING HEALTH FOR BODY AND SOUL



Singing regularly improves our breathing capacity, increasing our body's oxygen supply and stimulating the blood circulation. Immunoglobulin A, our most important mucous membrane antibody, increases its production.

Singing leads to cognitive regeneration. Areas of the brain responsible for speech, and gross and fine motor skills are activated. Thus, the interconnection of the hemispheres is optimised. Singing boosts our social skills.

TRIO A DUE TWO VOICES TWO HANDS THREE SOUNDS

Uniting with rare charm and artistry to delight modern audiences, these musical magicians enchant their listeners with the bewitching blend of Almut Seebeck's clear lyric soprano, the warm timbre of Felicitas Weyer's natural mezzo, and her expert piano accompaniment.

Their international concert career has taken them to Europe, Australia, New Zealand and Vietnam; they have become widely known through CD recordings, numerous Radio and TV productions (DLR Berlin, HR, SFB, NDR, BR, DW, ABC, SBS Australia and TVNZ). TRIO A DUE received the prestigious, inaugural award of the German Niggemann Foundation for talented artists.

Almut Seebeck, MD, PhD, born in Bremen, was a scholarship holder of the German National Academic Foundation and completed her studies both in medicine and singing. As a doctor, she specializes in psychosomatic medicine and psychotherapy and has her own private practice. Almut studied singing with Karl-Heinz Jarius, Ingeborg Hallstein and Ingrid Bjoner, Opera school/drama with Christof Loy. Lecturer for Lied at St Lucia University of Queensland/ Australia.

Felicitas Weyer, born in Erlangen comes from a family of musicians. She studied piano with Norman Shetler and Andrzej Jacinski, singing with Karl-Heinz Jarius and Norma Lerer, as well as musicology.

Lecturer for singing and song accompaniment at the Conservatory/University Würzburg and St Lucia University of Queensland/ Australia.



**DR. MED.
ALMUT SEEBECK**



**FELICITAS
WEYER**