Professional Presence: Yoga for the Voice in Daily Life

Develop “presence” by connecting with how you present yourself via voice, speech, breath, and movement. Presenter Melissa Hurt will explain the role of one’s breath in achieving clarity, efficiency, and effectiveness as well as discuss the mechanics of breath awareness, vocal development, and speaking clarity. Participants will explore vocalization practices that build vocal power without pain, discover how the use of consonant sounds creates efficiency in speech, and connect with the body’s sensations, breath, and voice/speech to feel grounded and empowered.

Join us for this unique experience to discover a new way of enhancing your well-being!

Thursday, February 27
11:30 am—Noon
Room 375
Campus Center

Presenter: Melissa Hurt is a communication coach with her PhD in acting theory and MFA in directing pedagogy. She is the owner of Integrative Studio where she teaches clients how to release stale energy holding them back to become their true selves. She is a published author on embodied performance training and teaches voice and acting at SUNY Albany.

https://www.melissahurt.com/

TO REGISTER:
Brenda Seckerson
EAP Coordinator
bseckerson@albany.edu
518.442.5483
Or register online:
HTTP://WWW.ALBANY.EDU/EAP/EVENT_SIGN-UP.HTM