

Voice on!

Can your voice be as powerful as your hands-on? More Impact Through Voice and Physical Presence a Postgrad Workshop with Célia Jurdant

7 to 9 October 2026

Why this matters

Your voice and your words are powerful teaching tools.

- **The voice touches many in one sweep — hands can only touch one at a time.**
- **Good use and coordination are transmitted through the voice**, making it an invaluable tool for both in-person and online teaching.
- **Your unique voice can support many**, upholding lightness of being and keeping spirits high and hopeful, regardless of outside circumstances.



Thus, your voice and your words become invaluable — for your own practice, your students, your community and the Alexander Technique community at large. Communication is vital for our existence and our connection as human beings. The Alexander Technique creates the conditions for a well embodied, rich and clear voice.

Whether you are an Alexander Technique teacher or trainee, a voice professional, an educator, or simply someone who wants to be heard without strain, **this workshop is for you!**



The Core Questions

Together we explore:

- What happens the moment I intend to speak or sing?
- What tenses up unnecessarily?
- How do I disrupt the flow of my breath?
- How do I lose contact with my mental clarity, my inner aliveness and my audience?
- How do pauses and pace influence my communication?

What You'll Learn

- Discover your unique vocal gift and way with words.
- Use Alexander's Whispered Ah as a preparation for speaking and singing.
- Work with Alexander touch around breath and voice.
- Awaken the Primary Control through your voice.
- Craft your language.
- Bring Alexander's work directly into real-life situations around communication.

ALEXANDER ALLIANCE EUROPE

presents

The Alexander Technique is our unsurpassed tool for helping participants release these blockages and disruptive habits around communication.

What Past Participants Say

"It's a true turning point in my life! (...) I've rarely experienced such a safe environment (...) to speak my truth."

— Hannah R, AT Teacher

"The sound is very different — fuller, freer, with more nuance, more expression. It changes the sound immediately and brings great ease and enormous pleasure to the practice of my instruments."

— Sara B, Singer & Harpist

"I had a thousand 'light bulb' moments. (...) I was finally able to actually put it into practice."

— Astrid P, Singer and Voice Teacher

About Célia

For almost 30 years, Celia Jurdant has helped people not just say (or sing) words, but embody their message.

Trained in classical singing, harp and the Alexander Technique (Stanton Hobbs, Cologne — Macdonald tradition), her work is also influenced by Kristin Linklater, Jessica Wolf and many other voice and singing teachers.

After 10 years as Managing Director and assistant to Bruce Fertman at the Alexander Alliance Germany, she founded her own school in Strasbourg in 2017, offering Alexander Technique trainings online, in workshops, retreats and individual lessons.

She teaches internationally in Japan, the USA and Europe, bringing together voice, movement and embodied communication.



When

7 to 9 October 2026

Where

Einbecker Sonnenberg, Am Brockenblick 2, 37574 Einbeck, Germany
www.einbecker-sonnenberg.de

Fees

Regular Price: Euro 290

10 % discount: Euro 260 for Alexander Alliance Trainees and VoixDuCorps/Célia's Trainees

These fees do not include accommodation and meals.

Private lessons

Private lessons are available on 7 to 10 October 2026

Please have a look at our website for details.

Reduced prices for Workshop Participants.

Translation

Provided if needed.

Information and booking:

