

Sound Workshops

with Henrique Saias

Place: Rua de Álvares Cabral, 263 (Rês-da-Rua Cultural Association)

Time: Flexible schedules, dependent upon space availability

Modality: 1-to-1 or groups

Price: Free donation

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More info: www.henriquesaias.com



Overtone singing classes

- Connection with our innate instrument: body and voice;
- Understanding the physiology / physics of overtone singing;
- Musical theory contextualization (the harmonic scale);
- Learning to recognize, accentuate and sing the overtones naturally present in the voice;
- How to approach overtone singing as a meditative and therapeutic practice.

Didgeridoo classes

- Connection with the body. Universal principles of breathing and articulation;
- Understanding the nature of the tube as a resonant means of frequencies;
- Musical theory contextualization (melodies and voice), (rhythm and time measures);
- Exploring and perfecting diversity of sounds;
- Traditional and contemporary styles of playing;
- Polyrythm – how to play more sounds, rhythms and melodies simultaneously to create the illusion of an orchestra;
- Principles of composition and how to approach composing songs in didgeridoo.

All these topics are only examples / suggestions of themes that can be explored in the classes: every aspect of the learning process will be adapted to work towards your particular interests. The goal of Sound Workshops is to be the ideal space to unlock *your* potential.

