



## ***"FROM THE PELVIS TOWARDS VOCAL FLEXIBILITY"***

Workshop Online 20th September 2025

10.30h – 14.00 h. \*Madrid time

# What is “Feldenkrais y Expresión Vocal”?

It is a vocal pedagogical proposal based on the combination of the Feldenkrais Method and Voice Movement Therapy.

Both methods, whether with a creative- artistic aim or with the aim of improving quality of life and social interaction, promote the creation of neural pathways for the creative process, the diversity of options in the person's internal organisation and expressive ductility.

Our approach confers a safe framework in which to indulge in the unusual and explore situations of exploration that provide the opening of pathways for a richer range of vocal and physical actions.

## Workshop Presentation

***What is the role of the pelvis in voice delivery?*** A properly aligned pelvis facilitates the organization of all actions and increases the ability to achieve greater expressive and vocal potential.

***What do we mean by vocal flexibility?*** A flexible voice moves easily between the different vocal mechanisms (head, chest, mixed register...), integrating their differences and complementary qualities.

# Who is it for?

*\*No previous experience or special physical/vocal condition is required.*

Psychologists, psychotherapists, psychiatrists, health workers, social workers, music therapists, art therapists, musicians, actors/actresses, singers, performers, teachers, communicators, journalists and anyone interested in their voice, their movement and their quality of life.

# What for?

**For the voice** Enhances vocal delivery, confers coherence in your expression, improves pronunciation and respiratory function ...

**For the body** Relieves general muscle tension, reduces joint tension, improves stability and balance...

**For the mind** Increases sense of security, mental clarity...

**For interpersonal relationships** Improves the quality of interpersonal relationships, promotes connection with the here and now

# Workshop Contents

- The position and movement of the pelvis, and how this influences the spine.
- The influence of the pelvis on the thorax and breathing.
- The influence of the pelvis on the organisation of the skull over the spine and

it's impact on the larynx in relation to the resonators.

- Exploration, differentiation three basic mechanisms (chest, head and mixed)
- The role of the tongue in transitions between these mechanisms.
- Ways of articulating transitions through the passage zone.
- Vocal improvisation.

*\* An audio recording will be made and will be available for a maximum period of three months. However, participants are advised to attend the live online session.*

## Who we are?

**Bettina Aragón Hillemann** [www.feldenkraisvoz.es](http://www.feldenkraisvoz.es) *I am passionate about learning, the human voice, and polyphony, and I am a certified Feldenkrais practitioner specializing in voice and movement education.*

*I have over thirty years' experience working with actors, singers, dancers, and theatre and dance companies in Spain and France. Throughout my professional career, I have explored Contact Improvisation Dance, Experiential Anatomy, the Aberastury Method (CosArt Method), and the study of children's motor development (Dr. Pikler/Elfriede Hengstenberg). I founded the a cappella group Kirkit Ensemble and the training program BilbaoVozProject, and I have trained in group facilitation with José Luis Orihuela. I currently direct the feminist choir Ederlezi at the Women's House in Donostia and the Laralaitan choir. I also teach group and individual Feldenkrais and voice classes in Spain.*

**Juan Carlos Garaizabal** [www.juancarlosgaraizabal.com](http://www.juancarlosgaraizabal.com) *Over 30 years ago, driven by a desire to sing, I began exploring the intimate relationship between the psyche, emotion, body and voice with growing curiosity and passion. I explored the voice and its expression for artistic purposes and in human relationships.*

*After graduating in Drama, I worked as an actor, before concentrating on the vocal area and studying Speech Therapy and Voice Movement Therapy© in London. To ground the voice and its emotional expression in the body and in relationships with others, I trained in Bioenergetic Analysis© and T.R.E.©. This has given me a multifaceted vision of vocal expression and stress management in the performing arts, music, communication, psychotherapy, and expressive therapies.*

*As co-founder of the BilbaoVozProject, I work at the intersection of artistic creation and everyday life. I have written chapters on voice and trauma, titled 'The presence in the voice', for Dr David Bercei's book "Shake it Off, Naturally " (Copyright David Bercei, USA, 2015, p. 235; 'At the sharp end of medical care' in Jeltje Gordon-Lennox, *Coping Rituals in Fearful Times*, Ed. Springer, 2022, p. 93; and also writes articles for professional publications, such as the music therapy magazine *Música Terapia y Comunicación*, no. 37, Ed. C.I.M., 2017, pp. 29–30; "Homeopatía y Voz: El lazo profundo que une a la homeopatía con el cuidado de la voz", 2021, [www.homeopatiасuma.com](http://www.homeopatiасuma.com). Author and performer of the musical theatre piece "No más boleros, gracias".*

## Fee

**120 €**

Registration deadline: Friday 5 th September 2025

Limited places

*\*No previous experience or special physical/vocal condition required.*

If the registrant cancels his registration a 25 % administration fee will be charged.

## Payment Method

Account: Bettina Aragón Hillemann

Caixabank ES37 2100 5725 8813 0008 5044

Swift/BIC CAIXESBBXXX

## Registration

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Contact us for Individual classes  
Mentoring  
Master classes

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Canal YouTube [www.youtube.com/@feldenkraisexpresionvocal](https://www.youtube.com/@feldenkraisexpresionvocal)

Blog <https://feldenkraisexpresionvocal.blogspot.com>



## Comments from participants

*"I congratulate Bettina and Juan Carlos for their professionalism and intelligence in bringing together these two disciplines, and for their rigor and generous attention to all participants. Highly recommended for singers, musicians, actors, and anyone who wants to understand, explore, and expand their vocal power."* Mercè Baiget Solé, Voice Teacher at the School and Conservatory of Music of Tarragona, Certified Feldenkrais Method Teacher by the International Feldenkrais Federation, Tarragona, Spain.

*"This experience left me with the feeling, above all, of 'daring' to let my voice out, just as it is. Overcoming self-demand and self-criticism thanks to the support my body provides. Thank you Bettina, thank you Juan Carlos."* María García Lozano, Antigymnastics Facilitator, Mézières Method, Murcia, Spain.

*"A novel combination with incredible benefits for my breathing, my voice, and my mind. Bettina and Juan Carlos' collaborative work is extremely valuable—they are highly professional in their respective fields. Their experience (which is evident), sensitivity, and deep respect for each participant's personal rhythm make a difference."* Martha Patricia Chaves, Body Psychotherapist, Porto, Portugal.

*"A very interesting course due to its holistic approach to the voice. I would especially recommend it to people who need to find confidence in their voice and vocal expression in general."* José Antonio García, Feldenkrais Teacher, Gran Canaria, Spain.

*"In the workshop we were able to explore the voice, creating new spaces and allowing ourselves to 'be' through it in a kind and curious way."* Ione Irazabal, Actress, Feldenkrais Teacher, Bilbao, Spain.

*"I would recommend it to anyone because of the methodology and content, but also because of the fresh, fun, and at the same time profound spirit."* Irune Herrero, Musician, Music Therapist, Teacher.