



with Olga Lidia Kozłowska

12.+13. Oktober 2024, Weekend Workshop in Hamburg

Voice is a mirror of You. It loves to rest, connect, play, experiment.

Voice loves to be loved. To be explored.

It blooms when feeling safe... and when you just are as you are, authentically.

Voice likes to explore connections!

It's vibrant, alive, touching.

Voice's nature is to connect.

Through vibration, rhythm, frequency, feeling, melody, space.

Would you like to explore through voice?

Are you curious to expand through singing?

Sing from the feeling of safety, connection, curiosity...

Authentic Voice practice is for connecting through voice.

It is a research space and a playground, dedicated to our aliveness.

As we are resonant creatures and soundgivers.

We are dreamers of songs that pass through our bodies to be sung.

The goal is not singing, but the state in which singing becomes inevitable.

Experiencing vibrations, forming into feelings and stories.

Forgetting about yourself while finding yourself in the most profound and authentic way.

Authentic Voice is a practice designed to:

- ground in the body: through breath, movement, contact
- bring safety for opening of the voice
- research healthy ways of singing

- play with rhythms and melodies, repetition and surprise
- find pleasure in vibration, physical embodiment
- rest and expand in singing
- explore being available
- resonate with people in the circle
- be present for others and experience the embrace of others
- sing traditional old songs in polyphony
- learn practical tools for breath release and voice regeneration

This workshop is NOT designed to: control your voice, control emotions, mechanically exercise vocal scales, read notes, do random breathwork, know better how anybody should sound. No, enough of this. :)

During the session we explore body-feelings-mind-spirit through voice. Later on, entering traditional Slavic and Georgian polyphonic songs where we grow connection in every possible direction. And evolve our experience into expressive improvisation, celebrating! We experience access to various qualities through our body tissues as well as through songs with layers of melodies overlapping. Like in the body, like in nature, we are polyphonic beings in a polyphonic world.

when singing

we are singing presence

allowing the pulse of Life

available to current tone

with our hearts ears skin feet lips

we are bigger than we think

the deeper we trust the more we are

already tuned

hearing every sound in the world

we root into vibrant reality

every song is an invitation

for you to live

Traditional songs are vibrant landscapes of the harmonies born in nature and human hearts. Polyphonic harmonies and disharmonies are an invitation for us to meet in deep listening and to go off the linear thinking into a non-linear experience of vibrant life. I invite you to join and co-create this meeting if you:

- feel fear... of what can happen if you enter the space of voice.
- feel anger... that it has already been too long stopping the voiceflow!
- feel sadness... of longing for authenticity, for allowance, for fun in singing.
- feel joy... to meet people who come here too, to explore!
- feel peace...

Bobby McFerrin says “when you enter the process and vocalize yourself then you end up being more happy, energized and gifted. You always feel better after! Vocalizing is an internal alchemy and once you enter it and remain devoted to it, it will guide you.”

The Authentic Voice approach has been developed by Olga Lidia Kozłowska since 2011.

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Olga Lidia Kozłowska is a psychologist, somatic psychotherapist as well as a voice artist and researcher. Olga specializes in Slavic and Georgian vocal traditions, improvisation and community singing. She applies polyvagal theory and somatic bodywork in the context of intricate relation of nervous system and voice. She works regularly in Sens Psychotherapy office and cooperates with universities in Wrocław, Poland. She is a part of the Institute of Devotional Arts.

As a founder of Authentic Voice she has been leading workshops since 2011 in Poland, Czech Republic, Slovakia, France, Germany, Scotland & UK. She’s currently working on her solo vocal act and blending traditional Polish and Georgian songs with trio **usakhelo**. Olga led a Georgian polyphony Nana Choir and has consulted vocal ensembles.

Olga’s masters are: Frank Kane, Natalia Polovynka, Emma Bonnici, Amit Carmeli, Kristin Linklater, Lane Arye, Nino Naneishvili, Chamgeliani sisters. She has also danced many years of Contact Improvisation. More at linktr.ee/olgalidia.authenticvoice

Workshop

Date and times

12.+13. October 2024

Cost: regular 260,-€, student 230,- €

Saturday and Sunday from 10am to 5 pm
(including lunchbreak)

Aikido Zentrum Hamburg

Beerenweg 1d (backyard)

22765 Hamburg

For registration contact Annika:

annika@aikidozentrum.com



Photos by Kamila Solarz www.kamilasolarz.com

More about Olgas singing

[trio usakhelo on the concert of New Year songs & Christmass Carols](#)

[Authentic Voice impressions from France in summertime](#)

[Walking the Tower of Sound improvisation with Rita Mari Schaeper](#)

[Authentic Voice impressions from Slovakia](#)

[Olga Lidia learning a lullaby from Georgian singers Ensemble Kviria](#)

Testimonials:

It was important for me to acknowledge that the opinion of others is not what it is about.

Now, I can experience my voice from a completely different perspective.

I enjoyed working in the fun and light environment that Olga is able to create.

Lourdes

I recommend Olga as a guide who will take you on a journey deep into your body, and maybe even into your heart.

Bogusława

Your words were important: "Take care of yourself."

Ela

Wonderful work to get to be fully present.

Christine

Now I trust my voice more, which also means trusting myself.

Beata

Being together in a group, supporting each other's explorations.

Listening to the world and emitting yourself into the universe.

When I think "Olga", I think: openness, fun, support, honesty, authenticity, combining opposites, gentleness, courage.

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