



Authentic Voice

& traditional Georgian and Slavic polyphonic songs

with **Olga Lidia Kozłowska**

5-6.September 2026,

weekend workshop in Hamburg

The voice is a mirror of you.
It loves to rest, play, experiment.
It thrives when you feel safe.
It is alive, moving!
Would you like to explore through voice?
Are you curious to expand through singing?

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

The nature of the voice is connection - through vibration, rhythm, frequency, feeling, melody, space. Because we are vibrating beings and poets of sounds, we dream of melodies that pass through our bodies to sing them.

Traditional songs are a vehicle for emotions and stories. The harmonies and disharmonies of polyphony are reflections of the shapes of Nature from which the melodies come. We will discover and build a connection between these melodies and the inner personal landscape. It will be a joint journey in time and space.

The practice includes three components: a holistic experience of the personal authentic voice of body-feelings-mind-spirit, polyphonic community singing and expansion through improvisation. It is a research space and a playground, dedicated to our aliveness.

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.”

Sing from the feeling of safety, connection, curiosity!

LOGISTICS

5- 6.September 2026

Saturday 10:00-18:00

Sunday 10:00-17:00

Aikido Zentrum Hamburg

Beerenweg 1d (Backyard behind the Leonardo Hotel)

Workshop: 290,-€ (students & previous participants 270,-€)

Simple Lunch included both days (there will be a lunchbreak to rest, journal or take a nice walk)

REGISTRATION

For registration and questions contact Annika:
annika@aikidozentrum.com

ABOUT THE SONGS

I choose those songs that have touched and moved me. I pass them on in a chain of delight and listening. These are traditional songs: Slavic, Georgian and sometimes from other regions of the world. Some of them soothe, others stimulate, and all of them unite. Some are full of sonorous disharmony, painful and beautiful like the embrace of a longing heart. Sometimes the ornaments are enchanting like the shapes of lush flowers and plants. Through the song you can see the land of its origin. During the workshop I will tell more stories about each of the songs. It will be beautiful.

HOW I TEACH

I pass on the song as I received it, that is, by teaching it in harmony, without notes. Together we will create a beautiful experience for each other and for the world.

WORKSHOP LEAD

Olga Lidia Kozłowska - psychologist, psychotherapist, singer and voice researcher. She specializes in psychosomatic voice work. She applies knowledge about the vagus nerve and somatic bodywork, bringing the context of the relationship between the nervous system and the voice. Since 2011, she has been running Authentic Voice workshops focused on the voice as a way of expression and self-knowledge: in Poland, the Czech Republic, Slovakia, France and Germany.

She draws from diversity and mutual cordiality. The songs are passed on to her mainly in person, during workshops and trips to teachers, sometimes from recordings. In Wrocław she led the Nana Choir, and now combines traditional Polish and Georgian songs with the usakhelo trio.

Her long-time masters include: Frank Kane, Natalia Polovynka, Emma Bonnici, Amit Carmeli, Magda Sekuła, Madona and Ana Chamgeliani, Nino Naneishvili and all those with whom she sings. She collaborated with local Wrocław Universities as a teacher and is a psychotherapist in her Sens Psychoterapia clinic. She completed a 4-year professional psychotherapeutic training in Core Energetics (a fraternal method for A. Lowen's Bioenergetic Analysis), a 2-year Study of Process-Oriented Psychotherapy as well as Brainspotting trainings.

More at linktr.ee/olgalidia.authenticvoice

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. - Asia

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