VoiceGym® for Pilates Teachers

with

Alexander Evans

FACE TO FACE WORKSHOP!

Body Control Pilates Centre, London

Friday 5th February 2027

10am-4.30pm

£170 (Academy **£153;** Academy Plus **£144.50**)

GROUP LIMITED TO 8 MAX!

CPD: A30

"Amazing - everyone should do it!"
"An inspirational presenter"

As Pilates teachers, the voice is an essential tool in the practice of teaching. Yet maintenance of the voice is often neglected. This 6-hour workshop (including breaks) will introduce you to **VoiceGym**, an established programme of exercises that helps develop and maintain the voice. The programme was put together by Angela Caine using the principles of Pilates, Alexander Technique and functional anatomy, coupled with years of dealing with troubled voices, including her own.

The workshop will cover three key areas of VoiceGym:

1. Whole body exercises to connect the voice, body and brain.
2. Face muscle exercises focusing on tongue posture and jaw translation
3. Useful techniques and tools on how to introduce voicework in to one's own teaching practice.

This will be an informative and energising day tailored to the needs of Pilates teachers and with much focus on 'play'. It will include a **'Troubleshooting' section** – tips on how to beat common ailments and keep yourself teaching.

Attendees receive the recently updated **VoiceGym Manual**.

Group size will be limited to ensure maximum benefit for each participant.

ABOUT ALEX:
Director VoiceGym Limited, VoiceGym Instructor, Body Control Pilates Teacher

Alexander is director of VoiceGym. Alexander met Angela Caine the founder of VoiceGym whilst studying for his degree in music at Southampton University and on graduating he continued to study and teach VoiceGym at the Voice and Body Centre.

He collaborated with Angela for 18 years primarily studying the effects of dentistry and structural misalignment in 'performance' and has taught and help develop VoiceGym and Early VoiceGym. He has coached leading west end artists, opera singers and international recording artists, including Shania Twain in preparation for her residency at Caesars Palace, Las Vegas, as well as dentists, osteopaths, doctors, lawyers and teachers and comedians!

Alexander is a founder member of the **Dynamic Smile** team in Hungary where he has helped set up the first VoiceGym in an orthodontic practice, and visits regularly to teach. Along with VoiceGym workshops in the UK and abroad, he also currently runs VoiceGym teacher training workshops for Body Control Pilates and has presented at their Development Weekends.

He has also forged his own career as an actor/singer performing in West End Musicals, UK and international tours.

Please see our emails for availability and booking details