



# Autophonetics Voice Workshop



## Autophonetics - Voice Workshop Basic & Advanced

### Who might find this course interesting?

Anyone can do Autophonetics  
whether or not they have had  
any vocal training.

Autophonetics is complementary  
to all other vocal, chanting or  
singing techniques  
as it brings you into deeper contact  
with your body,  
feelings, emotions and energy.

Autophonetics uses vocalic sounds  
to create mechanical vibrations  
in your body.  
These sounds,  
similar to some vowel sounds  
that occur in many languages,  
are created by the  
natural resonance of the oral tract.

They represent the highest amplitude  
of vibration that can be created  
inside your body.

**Sound Good?  
Come & Experience for Yourself**

**NO singing experience or  
sight-reading of music required!**

## What is Autophonetics?

Autophonetics is a vocal technique that has been developed for you to work with your voice, expressing your own unique sound.

### How does it work?

During this fun & expressive workshop, you will learn how to free up your own vocal expression, direct your sound in your body and work effectively with particular vocalic sounds and specific musical 'motifs' - short rhythmic patterns.

Each Inner Sound 'motif' has a particular focus & effect. They form the basis of this sound healing system & have been adapted for you to vocalize, using your own sound.

We teach you how to work with both your voice and your body by directing self-generated sound to different areas of your body. The vibration & movement your voice creates internally helps release stress and tension of a physical and/or emotional origin. Such tensions may be recent or have existed since childhood.

By 'giving voice' to it, you can release & resolve all types of tension, improving your body's ability to regulate itself & function more easily. You can change emotional patterns that may be preventing you from realizing your full potential as a creative individual.

### What are the benefits?

Many and varied! Autophonetics is a simple technique. Easy to learn and incorporate into your daily life. Enables greater body-awareness & contact with yourself. Enhances self-expression & communication with others.

Autophonetics provides a 'tool' to create your own path of personal development, uniquely tailored to your needs & desires.



## Booking Information



### School for INNER SOUND (UK)



Sheila Hill is a trained Sound Therapy Practitioner, creating individualized treatments. She uses tuning forks, therapeutic music & voice.

Sheila's relationship with **INNER SOUND** spans over 25 years. She has been presenting talks, demonstrations and trainings in the UK since 2002. In 2005, Sheila became the Director of the UK School for INNER SOUND and is certified to teach a varied curriculum of the School's international education program.

#### Teaching Qualifications:

City and Guilds Teaching Certificate - Teaching Adult Learners  
City & Guilds Level 4 Stage 1 Unit - Assessment Activities  
City & Guilds Level 4 Stage 1 Unit - Resources

#### Practitioner-based Association Memberships

Ass'n of Physical & Natural Therapists (APNT)  
British Complementary Medicine Ass'n (BCMA)  
International Ass'n of Sound Therapy (IAST)

#### School-based Association Memberships:

British Complementary Medicine Ass'n (BCMA)

Sheila has actively supported voluntary self-regulation of complementary therapies in the past as co-founder of the UK's first member-based Sound Therapy Association and Acting Lay Chair of the British Complementary Therapies Council.

**Training Dates - 2017**  
**Location: Twickenham**

**Hours: 10am - 5.30pm, Cost: 195.00**

**Please email for available dates**

9, 10 & 11 June 2017

**Price includes Motifs Practice CD & course manual**

**For booking enquiries:**

T: 0208 891 3798 / 07752 160 078  
E: sheila@inner-sound.co.uk

**Payment:**

1. Online bank transfer: (See P.3 for details)
2. Credit card - use Paypal  
@ [www.inner-sound.co.uk/booking.htm](http://www.inner-sound.co.uk/booking.htm)

**Web: [www.inner-sound.co.uk](http://www.inner-sound.co.uk)**  
**Join me on Facebook**  
**[www.facebook.com/innersound.co.uk](http://www.facebook.com/innersound.co.uk)**





# Booking Information



**Please complete and return by email to register**

Course Dates: .....

Name (for Attendance Certificate):

.....

Address (line 1).....

Address (line 2).....

City/Town:..... Postcode : .....

Tel No:..... Mobile: .....

***Have you studied sound healing/voicework before? Please give brief details***

***Have you studied any other complementary therapies?***

***How do you plan to use the information you receive in this workshop?***

***Payment in advance required on all bookings***

Inner Sound (Arden Wilken) Ltd Account: 09-01-27 - 84006321

Fees: 3-day Workshop: £ 195.00

REFERENCE: Your Last Name



# Autophonetics Voice Workshop



**Course Outline: 3 Days (10am - 6pm)**  
**Cost: 195.00**

## *Typical Schedule*

### **Friday**

***Learning to express your inner sound  
in your daily life quickly & easily:***

Warm-up Exercises  
Emotional Theory  
Softening the musculature for greater  
breath capacity  
Using the 5 sounds of INNER SOUND  
to balance the emotions

### **Saturday am**

#### ***Continue Basic Level Workshop:***

4 levels of Autophonetics  
Using the 5 sounds of INNER SOUND  
to balance the emotions  
Special healing experience: Healing  
Chakra Journey - using your own sound

### **Saturday pm**

#### ***Commence Advance Workshop:***

Participants learn to vocalize  
21 of the INNER SOUND 'motifs'  
to deepen self-awareness  
& express their own 'inner sound'  
Breathing exercises  
Visualization & Movement Exercises  
Advanced work with  
**INNER SOUND 5 elements**

### **Sunday**

#### ***Continue Advance Workshop***

Advanced level: **INNER SOUND 5 elements**  
Application of **INNER SOUND motifs**  
Vocalization practice  
with integration exercises

## **Autophonetics Basic & Advanced Workshop**

### **Teaching Aim**

An in-depth introduction to the INNER SOUND  
vocal technique: Autophonetics

### **Teaching Objectives**

- Explain why the human voice is an ideal 'instrument for restoring balance & improving functional capacity
- Demonstrate a range of exercises to release tension in different regions of the body
- Demonstrate the 5 sounds of INNER SOUND that create an integrated release of tension in the body

### **Teaching Methods:**

Lecture & discussion;  
demonstrations;  
Practical group sessions,  
observation, feedback & review; Q&A

### **Learning Outcomes:**

By the end of the Basic Level, you will be able to :

1. **identify** 4 physiological characteristics of our emotional responses
2. **understand** how vocalic sound transmits vibrations through the body
3. **vocalize** the 5 sounds of INNER SOUND
4. **perform** the integration movements for each vocalic sound
5. **perform** the breathing & releasing techniques demonstrated in class

No prior singing or voice work necessary





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## **Autophonetics Basic & Advanced Workshop**

### **Teaching Aim**

To further student knowledge & experience  
of the INNER SOUND vocal technique  
Autophonetics

### **Teaching Objectives**

- Demonstrate how to vocalize the 21 INNER SOUND motifs
- Demonstrate the exercises that accompany the motifs
- Describe how to combine INNER SOUND motifs that create an integrated release of tension in the body

### **Teaching Methods:**

Lecture & discussion;  
demonstrations;  
Practical group sessions,  
observation, feedback & review; Q&A

### **Learning Outcomes:**

By the end of the Advanced Level, you will be able to :

1. **vocalize** the motifs of INNER SOUND
2. **perform** the integration exercises for each INNER SOUND motif
3. **understand** how to combine the motifs to Work with a range of emotional themes
4. **know** which motifs to use to focus sound in different segments of the body