

## The Core-Voice Connection

Presented by Sarah Whitten

At the center of the singing body is a connection that spans from the pelvic floor to the throat through relationships of fascia, muscle, pressure and motion. When this deep core layer is well integrated, it provides an important foundation for producing the voice with ease.

In this workshop we will briefly explore what the deep layer of the core is, how it is impacted by the breath, why our upper body tension can inhibit core function, and how we can use movement to awaken these connections and move towards better integration.

Participants will have the opportunity to explore the deep core in their own body through a series of assessments that look at ribcage mobility, belly tension, common response patterns of the core and implementing basic movement practices to awaken and integrate the deep core. We will include some basic before and afters of voice use to begin to observe patterns and changes as we work with the core.

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Voice and movement expert, **Sarah Whitten** focuses on whole body wellness and function for voice professionals. Using principles of biomechanics, research-backed movement and pain science, as well as a hefty dose of intuition, she works with singers' bodies to resolve pain and physical dysfunction and trains voice teachers to better understand the singing body. She holds an MA in Vocal Pedagogy, and MM in Vocal Performance both from The Ohio State University. Additionally she is a certified in 500-hour Yoga Instructor, Level 1 Movement for Trauma, Integrative Somatic Trauma Therapy, Yoga Therapy Module 1 and 2, Restore Your Core Method, and is Restorative Exercise (TM) trained. She has presented and worked with singers and voice teachers at National

and Regional NATS conferences, New England Conservatory, Boston Conservatory, Walnut Hill School, and numerous other schools and colleges in addition to public workshops and courses both in person and online. To connect and learn more about her work visit [www.sarahwhitten.com](http://www.sarahwhitten.com).