

Birth Song

In the past in certain tribal societies, it was a traditional practice that when a woman first realised she was pregnant she would leave her family group and retire to the desert or some other solitary place to be alone. Here she would contemplate and commune with her inner self and child until she received her song.

When she had learnt the song she would return to her village and teach it to her family and friends.

This would be the song that was sung at the birth.

In the west today with our busy pace of life it is often impractical to find the time and space to be alone to just listen to our inner voice, but during these workshops we will create the space to find one's own chant or mantra or to learn a song that can accompany you through pregnancy, birth and onwards through motherhood.

The workshops will cover:

Relaxation and deep breathing exercises

Simple vocal exercises and chants

Group Improvisation

Overtone chanting

Learning of songs/lullabies from different parts of the world

Georgian and Armenian sacred chants

The classes are open to anyone interested in exploring their voices to prepare for labour, to connect with their babies in the womb, to explore and uncover deeper emotions surrounding birth and motherhood through the medium of music or just to experience the thrill and satisfaction of freeing the voice.

No previous experience of singing or musical training is necessary.

Information

Workshops in Barcelona:

Duration: Four weekly sessions

Time: 14.00 - 15.30

Language: English

Individual lessons are also available

For further information, dates and locations of introductory classes please call or write to:

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Recent scientific research has shown that babies in the womb start hearing outside noises from about twenty - eight weeks onwards.

Before this stage the baby can distinguish its mother's voice which is perceptible by vibrations travelling down the spinal cord and becoming amplified when reaching the womb.

Singing that emerges out of listening and responding opens us up to our own inner strength and creative selves.

"Singing is first of all the inner dance of our breath, of the soul"

Yehudi Menuhin

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Ariane Rees is a professional singer who studied opera at the Hochschule for music & theatre in Hanover, Germany before receiving her Postgraduate Diploma from the Royal Academy of Music, London.

She has performed Oratorio and Recital throughout the UK, France, Germany & Italy and regularly performs with various early music groups including the acclaimed medieval music troupe Mediva.

Ariane has travelled widely researching her interests in traditional music such as overtone singing, Armenian chant and Georgian polyphonic music as well as traditional cultural experiences of singing and pregnancy. She has worked with several pregnancy groups & classes in London in addition to coaching singers and actors from the Royal Academy of Dramatic Art.

Ariane is mother to 18 month old baby Marlene.

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Singing in Pregnancy

with

Ariane Rees