

Frau H. in der Nähe von Jerusalem, Israel:

In February I travelled to Koeln for a five-day training with Claudia and Marta. The experience is still living in me, changing me in powerfully beneficial ways.

I'm a professional musician- violinist and violist- and had completed four listening segments prior to my trip. I was eager to do some "active phase" work and develop my "audio-vocal circuit".

On the first day, I had a long chat with Claudia and did a listening test. Based on the information that came up, Claudia sensitively crafted a listening program, tailored for me. I did two hours of listening in the morning and in the afternoons, I had a two-hour lesson with Marta.



Marta is a wonderful person and teacher- so warm, lively and supportive. She guided me skilfully and gently to develop my sense of bone-conducted vocal emission. I also worked with the viola as a support for the process, connecting me subconsciously to my knowledge of a "good sound".

There were many surprises in store for me - not least the improvement of my sound production on the viola! So the process very quickly became a feedback loop. Also, I was confronted with a totally new self-image. As an instrumentalist I was used to having something else with me as a support for my self-expression. The feeling of nakedness, of just being me with my voice, was something new and called for an expansion of my former view



of myself. The connections to instrumental playing grew richer by the day.

The process seems to have laid deep roots in me. I feel something shifted and lifted as a result of Claudia's listening program and Marta's lessons. I am continuing to enjoy the process of my voice unfolding and the powerful integration it brings.