



ALMA
MUSIC TEMPLE

'Transformation Through Sound'

Alma Music Immersion Voice Course

January 17 2025
Enquire / Apply today
(+44) 7737565382





‘Transformation Through Sound’

Location:
UK /Liverpool
(Home of the Beatles)

What You Get?

- Stationary / Hand Booklet
- Accommodation
- Percussion Instruments
- Daily practises

Bring your own: Guitar / Food





Introduction

Welcome to our 2 week Music Immersion Course where you will surround yourself in the essential aspects of medicine music and sacred songs through our unique and transformative course. This intensive programme offers individuals the opportunity to commit to a comprehensive 2-week study of specialist musical training divided into five essential modules for the voice. If you seek to develop the practical application and understanding of music, whilst exploring more deeply the creative exploration and expression of your soul through sound, then this course is designed for you.

The Five Modules Of Study

01/
Connecting To
Emotions With
Your Voice
Techniques &
Breathwork

02/
Vocal Anatomy and
Voice Dynamics
Training

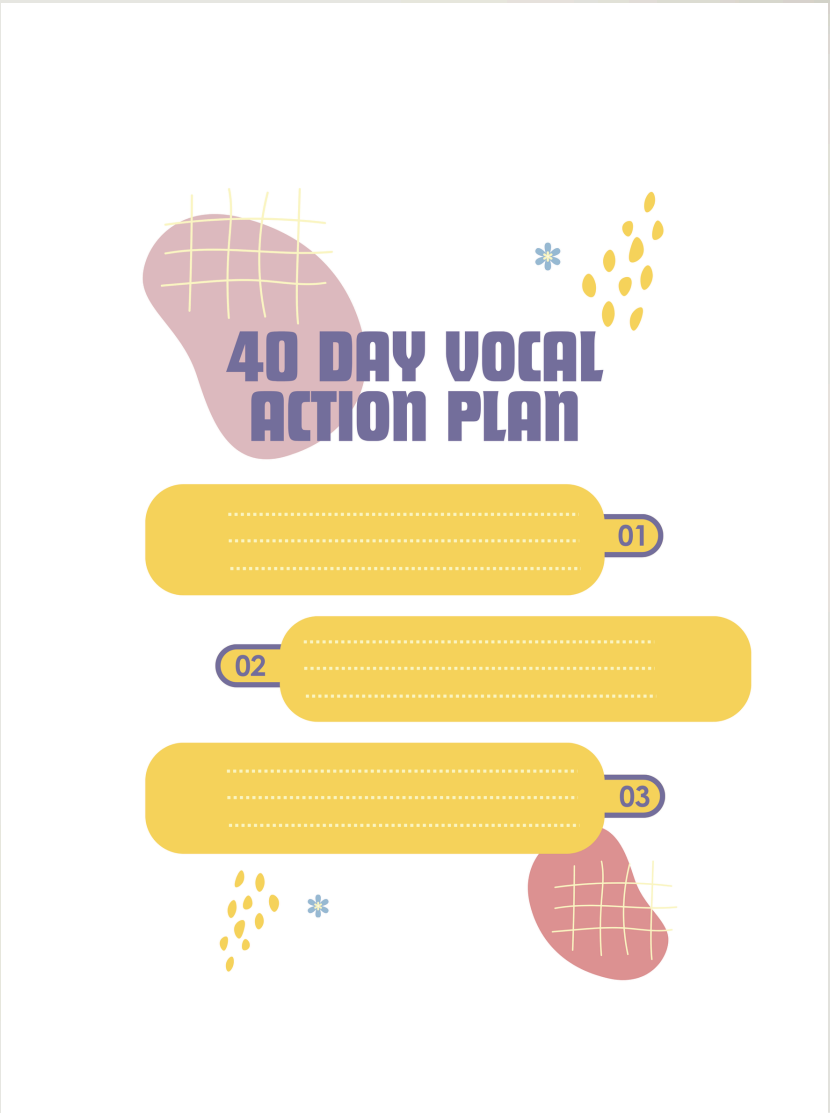
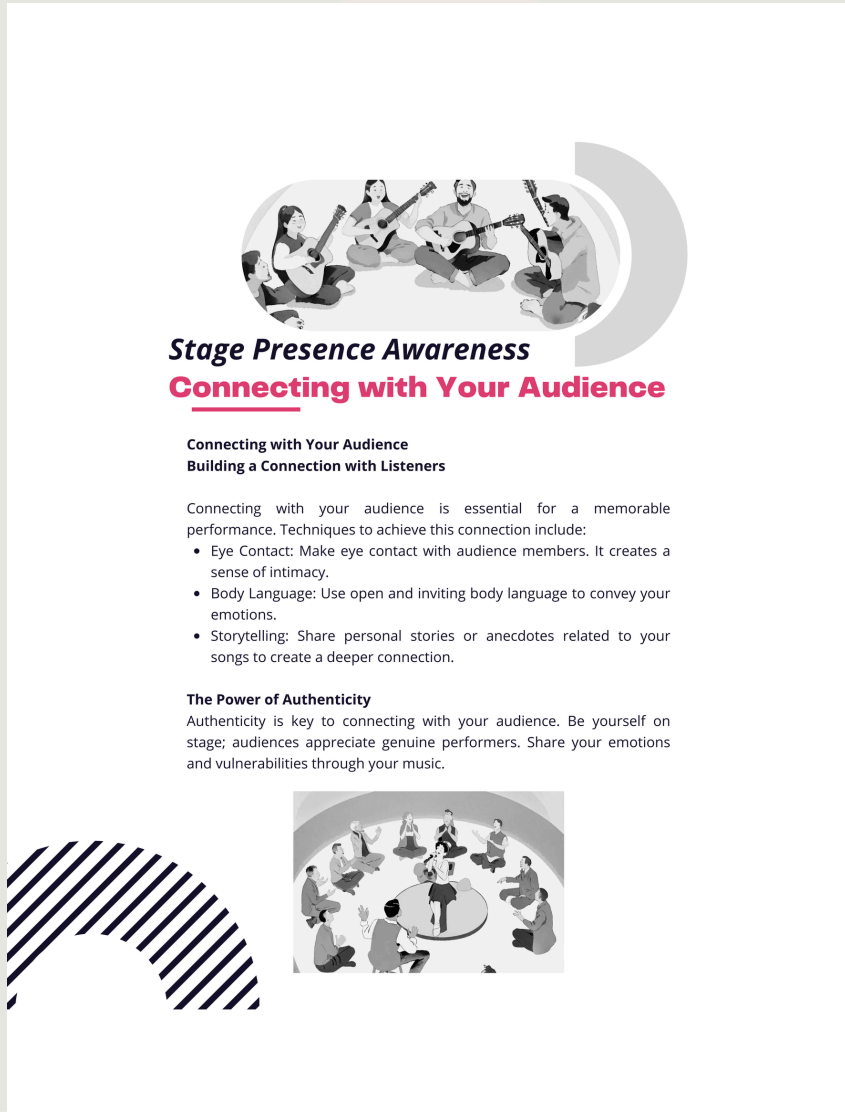
03/
Composition &
Songs Writing

04/Performance
Practise &
Repertoire

05/Song
Recording, &
Music Production



Learning Handbook



Everything you'll need to know is inside this handbook, to become in tune with your voice and learn with fun activities along the way, which you can document to achive your goals as we work through the course.

01/Vocal Techniques, Connecting To Emotions

What You Will Learn

Connecting to Emotions with Your Voice

Introduction: Finding Your Voice Through Emotion

- Breath Awareness & Connection
- Toning and Resonance
- Emotional Vocal Mapping
- Breath Control and Emotional Flow
- Dynamic Range Exploration
- Vocal Improvisation and Emotional Release, Singing Through Emotional Blocks
- Vocal Affirmations and Grounding
- Group Harmony for Emotional Connection
- Reflection and Integration





O2/Vocal Anatomy and Voice Dynamics Training:

What You Will Learn

Develop vocal techniques by improving:

- Understanding Your Vocal Instrument
- Anatomy of the Breathing System, Vocal Cord Function and Health
- Accuracy Of Pitch/Intonation
- Resonance: The Body's Natural Amplifier
- Articulators and Clarity of Speech
- Pitch Control and Intonation, exploring Vocal Range and Registers
- Vocal Dynamics: Volume and Intensity
- Vocal Agility and Flexibility, Vocal Warm-Up Routine Development
- Understanding Your Unique Vocal Power



03/ Foundations of Song Writing — Composition, Melody, Harmony, and Lyrics

What You Will Learn

Develop your creative process in music composition and song writing by:

- Writing Lyrics
- Song Structure (Verse Chorus Bridge)
- Writing Memorable Melodies Or Hooks
- Chord Choices & Functional Harmony
- Basic Arrangement & Instrumentation
- Developing Harmony
- Rhythm and Groove
- Refining and Finalizing a Song
- Reflection and Integration: Developing Your Unique Songwriting Style

04/Performance Practise & Repertoire

What You Will Learn

Develop your creative process in Performance and stage presence by:

- Learning from a list of popular medicine songs & Gospel Hymns
- Overcoming Performance Anxiety, Building Stage Presence
- How to Authenticity to a Performance Space
- Learning How To Become Musically Present And 'In The Moment'
- Learning How To Actively Engage With An Audience
- Warm-up routines for pre-performance preparation.
- Finding Your Unique Performance Style



05/Song Recording

What You Will Learn

Develop an understanding of:

- The recording process as you are guided in the production of one of your original songs.
- Overview of the song recording process, from preparation to final production. Preparing for a Recording Session
- Understanding Recording Equipment. Introduction to basic recording equipment: microphones, headphones, and audio interfaces. A variety of Microphone & recording techniques
- Managing Multiple Takes
- Recording Harmonies and Background Vocals
- Reflection and Integration: Understanding Your Voice in Recording



Your Vocal Mentor & Guide

- Alma Music Temple: Co-creator and owner of Alma Music Temple in Costa Rica. Leads devotional music practices with Dermot McNeill. Vocal Coaching and Mentorship: Offers tailored vocal development programs. Influenced by London Community Gospel Choir techniques, Theatre, Jazz, Pop, Medicine Music.
- Healing and Sound Therapy: Led seminar on 'The Transformative Power Of Music' at Biohack Summit (2022) in Amsterdam.
- Expanded sound therapy practice in Estonia, Finland, Costa Rica, Egypt and the UK.
- Holistic Approach: Focuses on human transformation through spiritual practice, sound healing, vocal coaching, emotional vocal activation for one on ones and groups.
- Gospel Choir leader & teacher.

‘Testimonials on www.almamusictemple.com’



- Sound Therapist, Ceremony Musician
- Professional Vocalist, songwriter, Gospel Choir Leader, Top-line songwriter for bands, & author.
- Collaborations: Quincy Jones and Judie Tzuke.
- Publications: Authored works on poetry, herbalism, and self-help guidance. Recent Publication: Researched relationship between happiness, well-being, sound, and vibration in 'Where The Wild Herbs Grow & Wonders Of The Universe'. Herbal practitioner creating vocal herbal mixes to regulate mood, and help the voice.
- Transformational Impact: Showcases the transformative power of music, words, and encouragement in changing lives.
- Master Herbalist Qualification

“What an amazing voice” – Quincy Jones (Emel was personally invited by Quincy Jones productions and Quincy himself to perform her music at the Montreux Jazz Festival)

“Epic Live performance” – Robert Elms Dotun–Adebayo BBC Radio London

“Wow you are a story teller, I wanna know you, I wanna know more” – Patti Austin





Course Outcome

On completion of the course you will;

- Have created a portfolio of original music
- Gained functional skills with voice
- Have sculpted a personalised performance set.
- Organised a collaborative performance showcase event
- Confidently communicate and understand the Voice, with a new found joy to share music, and emotionally deliver with authenticity.



Assessment Criteria

Welcome to the course "Assessment Criteria." In this section, we will discuss the assessment criteria that will guide your progress and performance evaluation throughout this course. Understanding these criteria is essential for your success as you work towards achieving personalised learning outcomes.

The assessment criteria for this course are structured around three levels of achievement: Exceeding, Meeting, and Working Towards. These levels are based on the distinction between process and outcome in learning.



Process vs. Outcome

Process: Refers to the journey of learning, encompassing the strategies, effort, and engagement you invest in understanding and mastering the course content.

Outcome: Denotes the end result of your efforts, showcasing the level of understanding, application, and achievement you've attained in the course.



Individualised Learning Outcomes

In alignment with our educational approach, individualised learning outcomes have been established for each student. These outcomes are tailored to reflect your unique learning goals and targets. The assessment criteria are designed to evaluate whether you exceed, meet, or are working towards these personalised outcomes.

Assessment Levels

1. Exceeded

Students who exceed in their assessment criteria demonstrate exceptional understanding, application, and engagement with the course material. They go beyond the expected level of achievement, showcasing deep insight, creativity, and mastery of the subject matter.

2. Met

Students who have met the assessment criteria have demonstrated a solid understanding and application of the course content. They have achieved the expected level of proficiency, meeting the outlined learning outcomes.

3. Working Towards

Students who are working towards meeting the assessment criteria are actively engaging with the course content and making progress. They are in the process of building their understanding and skills, and are working to achieve the learning outcomes specified for the course.



Utilising the Assessment Criteria

Understanding the assessment criteria is essential to align your efforts with your personalised learning goals. Regularly assess your progress, seek feedback, and make adjustments to enhance your performance. Remember, the journey of learning is as important as the destination, and your growth through the process is valued and acknowledged.

Best wishes for a successful and enriching learning experience in this course!

Disclaimer: Assessment criteria and policies may be subject to change at the instructor's discretion to enhance the learning experience and align with the course's educational objectives.



TEACHING SCHEDULE –

Can be changed to suit learning goals

Week 1: Foundations of Vocal Techniques and Composition

Monday: Module 01 – Connecting to Emotions With Your Voice

9:00 AM – 10:00 AM: Warm-up exercises (breathwork, emotional connection)

10:00 AM – 11:30 AM: Explore vocal techniques for expressing emotions

11:30 AM – 12:30 PM: Practice improvisation and emotional storytelling

12:30 PM – 1:30 PM: Lunch Break

1:30 PM – 2:30 PM: Reflection and group discussion on emotional experiences

2:30 PM – 3:30 PM: Journaling on personal connections made during practice

Tuesday: Module 02 – Vocal Anatomy and Voice Dynamics Training

9:00 AM – 10:00 AM: Vocal anatomy overview and warm-up exercises

10:00 AM – 11:30 AM: Understanding vocal mechanics and sound production

11:30 AM – 12:30 PM: Practice breath support and vocal control exercises

12:30 PM – 1:30 PM: Lunch Break

1:30 PM – 2:30 PM: Group sharing on insights about vocal anatomy

2:30 PM – 3:30 PM: Application of concepts in vocal practice

Wednesday: Module 03 – Composition & Songwriting

9:00 AM – 10:00 AM: Creative warm-up focused on melody improvisation

10:00 AM – 11:30 AM: Analyze song structures; draft a verse and chorus

11:30 AM – 12:30 PM: Develop melody and basic chord progressions

12:30 PM – 1:30 PM: Lunch Break

1:30 PM – 2:30 PM: Share and receive feedback on initial song drafts

2:30 PM – 3:30 PM: Journaling about emotional themes in songwriting

Thursday: Module 04 – Performance Practice & Repertoire

9:00 AM – 10:00 AM: Vocal and physical warm-ups for performance readiness

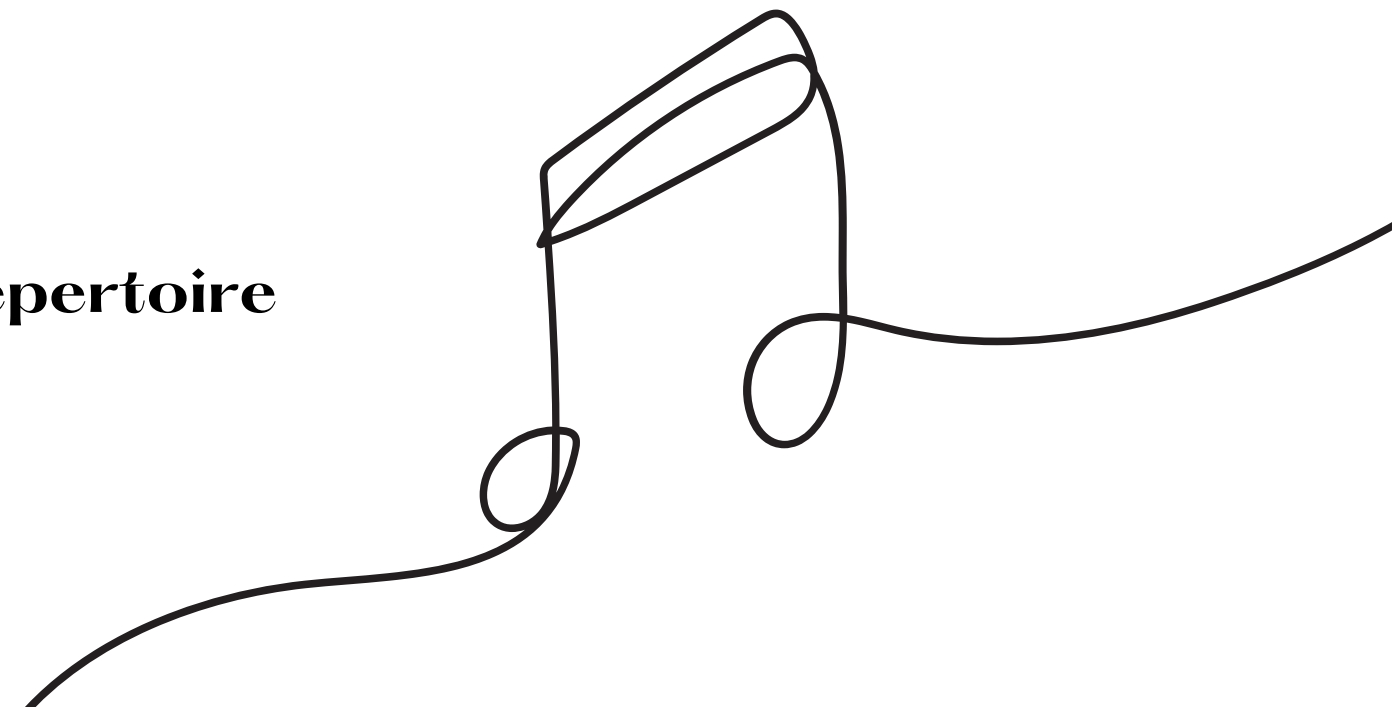
10:00 AM – 11:30 AM: Explore stage presence techniques

11:30 AM – 12:30 PM: Select songs for repertoire and practice performance

12:30 PM – 1:30 PM: Lunch Break

1:30 PM – 2:30 PM: Group feedback on performance practice

2:30 PM – 3:30 PM: Reflection on connecting with chosen songs



Week 2: Performance, Recording, and Finalization

Monday: Module 05 — Song Recording

9:00 AM – 10:00 AM: Vocal warm-ups and health maintenance techniques

10:00 AM – 11:30 AM: Overview of recording equipment and techniques

11:30 AM – 12:30 PM: Practice microphone techniques and recording initial takes

12:30 PM – 1:30 PM: Lunch Break

1:30 PM – 2:30 PM: Group discussion on live vs. studio performance

2:30 PM – 3:30 PM: Reflection on initial recording experiences

Tuesday: Module 04 — Performance Practice & Repertoire

9:00 AM – 10:00 AM: Comprehensive warm-up routine

10:00 AM – 11:30 AM: Work on phrasing and interpretation for selected songs

11:30 AM – 12:30 PM: Prepare for final performance with storytelling elements

12:30 PM – 1:30 PM: Lunch Break

1:30 PM – 2:30 PM: Share personal connections to songs

2:30 PM – 3:30 PM: Finalize performance preparation

Wednesday: Module 03 — Composition & Songwriting

9:00 AM – 10:00 AM: Vocal warm-ups focusing on lyrical delivery

10:00 AM – 11:30 AM: Finalize songwriting drafts and arrange songs

11:30 AM – 12:30 PM: Integrate harmonies and vocal layers

12:30 PM – 1:30 PM: Lunch Break

1:30 PM – 2:30 PM: Group feedback on completed songs

2:30 PM – 3:30 PM: Journaling on songwriting journey and emotions

Thursday: Module 05 — Song Recording

9:00 AM – 10:00 AM: Vocal warm-ups tailored for recording

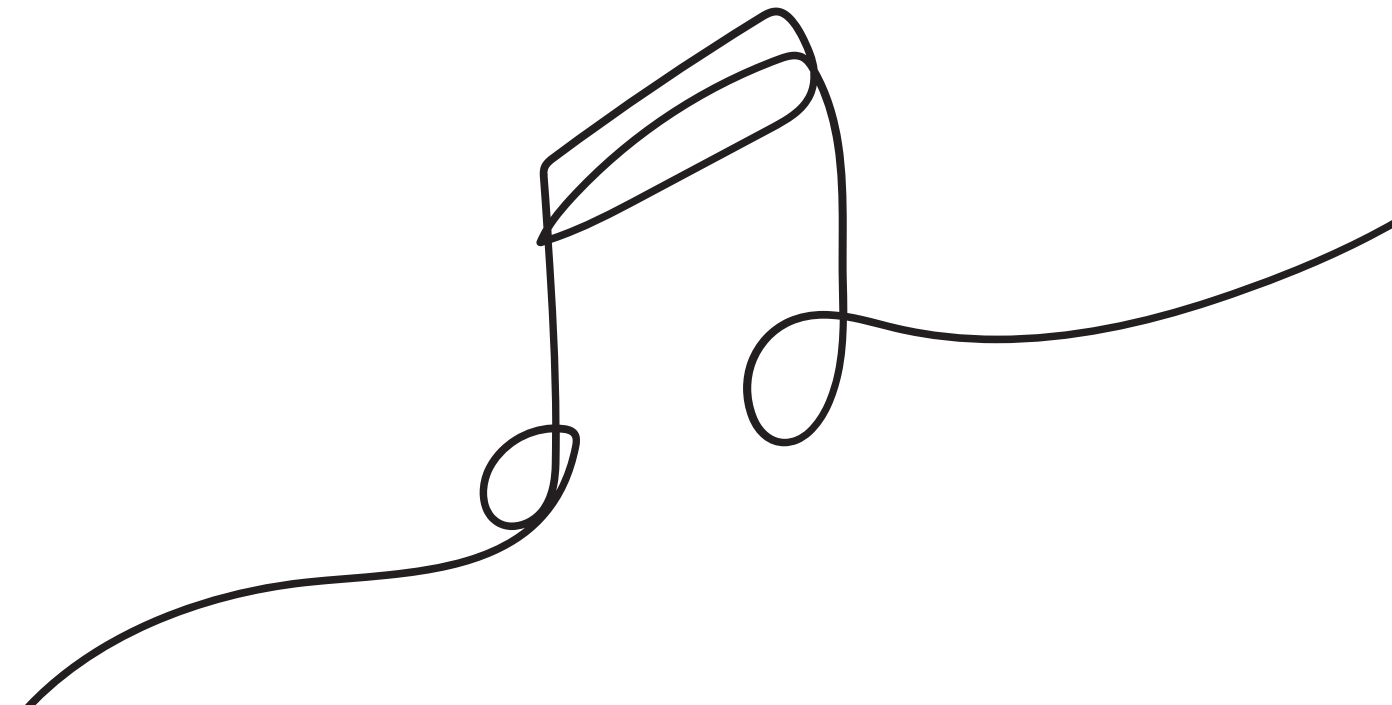
10:00 AM – 11:30 AM: Record harmonies and background vocals

11:30 AM – 12:30 PM: Practice vocal editing techniques and mixing basics

12:30 PM – 1:30 PM: Lunch Break

1:30 PM – 2:30 PM: Share recorded tracks for group feedback

2:30 PM – 3:30 PM: Reflection on recording process and lessons learned





Enroll Now!

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emelmichael@me.com

