

# FREEDOM IS A VOICE

## Creative Studio



### INFORMATION PACKAGE

Thank you for choosing the **FREEDOM IS A VOICE** Creative Studio!

*We are excited to work with you and for the many wonderful opportunities we will have to help you develop and grow as a musician. Our job is to create a warm, safe and fun atmosphere for you to learn about music and to become a stronger vocalist. We will offer you knowledge and practical skills that will enable you to focus on vocal health to promote longevity of your voice so that you may continue to sing without strain or fatigue for many years to come!*

Should you have any questions or concerns, please know that we are always available to help.

### Studio Contact Information:

**Web:** [www.freedomisavoice.com](http://www.freedomisavoice.com)

**Phone:** (778) 896-8546

**Email:** [studio@freedomisavoice.com](mailto:studio@freedomisavoice.com)

You can also find us on **twitter & myspace!**

Just look for our **logo!**



### Studio Hours:

- Sessions will be offered Tuesday 1:00pm – 8:00pm and Wednesday 5:00pm – 8:00pm
- These are also our office hours and are the best times in which to reach us by email or phone.
- We do have an answering machine, so please do leave a message and we will do our best to return your call within 24 hours.

### Our Exact Location:

- Once you have registered and made a payment for your lessons, an email will be sent to you regarding our exact location. As it is a home studio we prefer to not advertise this online.
- Salmon pink building with light green trim
- Go to the top of the long staircase

### Payment Information:

- Sessions **must** be **pre-paid** to book dates in advance. When you book your lesson day/time, we will hold the spaces for 48 hours during which time you can drop off a check or cash, or you may also pay via online banking with an email money transfer to [studio@freedomisavoice.com](mailto:studio@freedomisavoice.com)
- Session fees are listed on the website with each program listed.
- Please note that lessons are non-refundable but ARE transferable to another person.
- Please make our studio aware of your method of payment on your registration form.

#### **Payment Option 1 - Cheque**

- Please make all checks payable to "Jessica Nicholson".
- A \$25 fee will be charged for all NSF cheques.

#### **Payment Option 2 - Cash**

- You may also pay in cash but you must make arrangements with our studio to drop off in person.

#### Payment Option 3 – Email Money Transfer

- Please send to [studio@freedomisavoice.com](mailto:studio@freedomisavoice.com)
- Banking is done with CIBC

### Terms of Lesson Agreement:

- The "Studio Agreement" on our website under "Forms & Studio Info" states that all students and parents understand and accept responsibility for all policies as outlined by the **FREEDOM IS A VOICE Creative Studio**.
- This agreement also releases **Jessica Nicholson** and the **FREEDOM IS A VOICE Creative Studio** from all liability concerning students and parents on her property or in her studio.
- All questions regarding this agreement should be directed to Jessica Nicholson by email or phone PRIOR to signing the lesson agreement. Jessica Nicholson is fully insured with a "Commercial Liability Policy" as a Sole Proprietor business.

### Attendance:

- Attendance is highly encouraged to achieve better results. Missed lessons will not be made up or reimbursed unless you have made prior arrangements with the studio.
- Please note we require 24 hours cancellation notice. (no fee charged for this)

### Studio Arrival / Waiting Area:

- Please arrive a few minutes prior to your booked time. Please remove your shoes. You do not need to knock on the door. If there is a session in progress and it is running overtime, please be patient as it is likely just finishing up. There is a waiting area on the couch.

### Session Start/End Time:

- Out of respect for your booking, punctual start/end times will always try to be adhered to. If the session prior to your booking is running a couple of minutes late, we will still complete your full lesson time.

### Cancellation Policy:

- The Freedom Is A Voice Vocal Studio requires 24 hours cancellation notice. Please leave both an email and phone message to ensure clear communication.
- If a session is missed, and 24 hours notice is given, you will be credited for this lesson. It **MUST** be made up prior to the end of the semester or it will no longer be valid.
- Lessons are non-refundable. Cancellations with less than 24 hours notice will **NOT** be rescheduled.

### Illness:

- It is recommended that you try to attend your scheduled lesson even if you are a bit under the weather. However, if you suspect you will not be well enough to attend, be sure to give the studio 24 hours notice so that you may reschedule.

### Cancellation by Instructor:

- Please note that because your instructor is a professional performing artist, there may be situations in which she is called to do a sound check or mandatory rehearsal. These may conflict with the studio teaching schedule. (although it will be avoided if at all possible)
- Again, any missed sessions will be made up within our terms of cancellation.

### Studio Performance Opportunities for Voice Students:

You are invited to share your work during the end of term SHOWCASES. All students are encouraged to participate as these showcases provide an excellent performing experience. Those not participating are encouraged to attend. Please see website for details.

### Audition Opportunities / Open Mic:

- The studio will make students and parents aware of any audition opportunities that may arise. Audition notices will be sent out via email from time to time. You will also be made aware of performing opportunities outside of the studio if your instructor feels you are ready. See website for details.

### Practise! Practise! Practise!

- Learning to sing is an ongoing journey. In order for you to develop your voice, you need to commit to rehearsing on your own. This includes going over exercises learned in class, reviewing techniques and applying yourself in a focused way (often in front of a mirror). It is suggested that you practice each day.
- The more your practice, the more natural these singing techniques will feel and the more confident you will feel about your singing.

### Lesson Recording:

- If you would like your voice lesson recorded and emailed to you please let your instructor know. This is an excellent tool for learning and for your own musical growth.

## Vocal Health Tips

**The following are some basic things you need to think about in order to maintain a healthy voice:**

- Make sure to get plenty of rest.
- Drink at least a Litre of water per day.
- Avoid sugars and acidic foods as well as dairy right before you sing.
- Exercise regularly – get those lungs working and develop a strong body! Yoga is recommended to work your breath mechanism and to learn about posture and being centered in your body and mind.
- Avoid yelling and screaming.

**If you have a sore throat:**

- Take “Zinc Lozenges” or “Slippery Elm” Lozenges – AVOID halls, Vicks, etc. (anything with menthol)
- Drink tea with honey and fresh squeezed lemon; also, black licorice is a healing agent.
- You can also purchase “Throat Formula Tea” at Capers and other health food stores.
- Avoid speaking for long periods of time at loud volumes.
- Sing in a steaming shower. You may also drop a bit of eucalyptus oil on the shower floor; breath it in!

**And remember...**

- Singing should never ever hurt or cause pain and stress. If this is happening you should *speak with your vocal coach* and ensure you are approaching your vocal exercises properly.

## Recommended Books:

- Singing for The Stars (Seth Riggs)
- Estelle Lieblich Vocal Course  
<http://www.musicnotes.com/sheetmusic/book.asp?ppn=BKHL312242>

## Links:

- [http://www.vocalist.org.uk/vocal\\_techniques.html](http://www.vocalist.org.uk/vocal_techniques.html)
- <http://www.musicnotes.com/sheetmusic/book.asp?ppn=bkhl312277>
- <http://www.musicnotes.com/sheetmusic/book.asp?ppn=BKWP764524755>

## Articles:

- <http://www.radford.edu/~dcastong/ARTARCH/vocal.html>
- <http://myvocalhealth.com/articleindex.htm>
- <http://pioneer2.aaps.k12.mi.us/choir/Fivetipsforpractice.htm>