

Voicing a Vision - Singing truth to power

Frankie Armstrong

We are, sadly, living through dark times, so we're all faced with how to respond individually and collectively. Can we find a voice that feels truthful, that expresses our power and our vulnerability, and that can feel strong in protest and in lament?

Frankie will offer her style of voice-work, a natural style based on traditional and ethnic cultures who sing as naturally as they speak. Her approach engages the whole body and invites us to be in touch with the earth.

Singing is one of the most time-honoured forms that gives a sense of communion and community and enables us to give heightened expression to archetypal human experiences and emotions. We know that singing generates energy. In this context, we can use it to face the dark, to express our dissent and to voice our vision of a more just world.

Frankie Armstrong – Short Biography

Frankie Armstrong has been singing professionally since 1964. In 1975 she began her pioneering Voice Workshops based on ethnic styles of singing - where singing is as natural as speaking. She has sung and run workshops all over Europe, North America and Australia working with Community Groups, Theatre Companies, International Voice and Theatre Festivals and in every kind of setting from hospitals to the National Theatre Studio London. She has made 12 solo albums, written her autobiography *As Far As the Eye Can Sing* and edited a collection of essays *Well Tuned Women* with Jenny Pearson. Her latest

book is with Janet Rodgers, Acting and Singing with Archetypes. She has also contributed chapters to eleven other publications.

In 2017 she was made President of the Natural Voice Network and in 2018 was awarded the Gold Badge from the English Folk Dance and Song Society for outstanding contributions to the field of folk music.

For more information see: www.frankiearmstrong.uk