

ESTELA SANZ POSTEGUILLO

Flamenco singer / Vocal coaching / Inhouse-seminars



Singing – A joyful way to success!

Our voice is a natural instrument to express ourselves. We use it every day, but seldom do we pay conscious attention to it. In many private and professional contexts, it is, however, very important to use our voice in a deliberate way.

The good news is: Within a short amount of time, it is possible to train a melodious voice which represents one's own personality by singing. The experience of the whole tonal range and vocal resonance will create the basis for a professional and successful use of your voice within every communication.

As a singer and camera woman with years of experience on the stage and behind the scenes, I offer private vocal coaching and customized inhouse workshops. Through breathing and voice techniques as well as joint singing, the participants will develop their whole vocal potential – for an effortless, melodious voice and a winning performance on the professional stage.

But singing is even more than that: Studies have shown that deep and slow breathing can help to lower blood pressure, slow down the pulse and relax the muscles. Simultaneously, endorphines are activated and stress hormones like cortisol and adrenaline are broken down. Singing is therefore not only a joyful way to success, but also the best foundation for a relaxed way of life.

Basics for a positive way of life

The essential foundation of Flamenco singing is an authentic voice, deep abdominal breathing and the interplay between tension and relaxation. These aspects are also crucial for using the voice in an effective way in everyday and professional communication. The course participants will develop all of these capacities more or less as a side effect. Already after one workshop, they will sense a difference and will be able to regulate their breathing, increase their body awareness and use their voice in a more conscious way. Selected creativity techniques and joint singing of selected songs will furthermore evoke a positive attitude towards one own's voice and will reduce stage fright within a short time. Through the right techniques and the joyful learning experience, success will follow naturally.

Contents of the workshops

- Breathing techniques for improvement of voice setting and stress regulation
- Exercises for strengthening your voice, sonority and expression
- Joint singing of selected songs (pop, rock, folk – according to your individual preferences)
- Individual coaching for stress regulation, body awareness and appearance
- Strategies for improving stage presence and coping with stage fright

The workshops can be adapted to your individual requirements. Contact me for a non-binding offer.

Education and qualifications

- University degree Camera at the renowned HFF – Hochschule für Film und Fernsehen / München
- Numerous fictional and documentary films as camerawoman and head lighting technician
- Vocal training at the *Fundación Cristina Heeren de Arte Flamenco / Seville*
- Years of experience as singing teacher and vocal coach
- Numerous stage projects (Vocal, musical and dramatic conception, lighting concept)

Instruction languages: German, English, Spanish.

Feedback for my classes

„Estela's coachings have changed my relationship to my own voice. Now, I know how I can modulate my voice and use it effectively. This knowledge gives me calm and security in presentations.“ (Sonja Zeman, lecturer at the LMU Munich)

References

Gasteig / Carl-Orff-Saal; Münchner Künstlerhaus; Jazzclub Unterfahrt München; Apassionata Schloss Kaltenberg; Kulturhaus Schwanen; Fiesta Espanola Veranstaltungsforum Fürstenfeld; Thurn und Taxis Schloßfestspiele; Theatron Musiksommer; Magnolienball Bayerischer Hof; Pasinger Fabrik München; Festival „Grimmaer Liederflut“ Grimma (near Leipzig); Spanische Nacht Gut Immling; Tollwood Festival München; Lindenkeller Freising; Gut Sonnenhausen Glonn; NUTS Die Kulturfabrik Traunstein; Mühlentheater Erlangen; Theater Heppel & Ettllich München; Bühne U1 Garmisch; Redoute Passau; Dresdner Bankzentrale München; Neue Messe München; Reuschel Bank Schloss Nymphenburg; Bayerische Theaterakademie August Everding im Prinzregententheater.