

August 26, 2019


Dear Committee:

I had the pleasure of participating in Allison Hetzel's VASTA workshop "Creating Voice, Breath, and Body Connections in the Classroom" in August 2019. Allison shared her use of a simple block chime to center the group and then led us through a breathing exploration with a partner in which we took turns placing our hands around their ribs to feel the quality of their breath. We shared with our partners how their breath felt and how it felt to feel this movement in another. I found this work intimate and lovely. Although I felt vulnerable having another feel such a vital force in my body, it was nice to hear her observations of my breath and infer deeper meaning about my emotional and mental presence in the room. I understood Allison's sentiment on the value of this practice in the classroom—students work together on a more intimate level free from façade. In addition, the use of the chime at the beginning and end of working together marks the moments in which we come together and when we hold space for each other while continuing on with our day. I am excited to share some of this work with my voice students in the future.

Sincerely,

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