

Adventures in Voice

with Frankie Armstrong

Three online sessions (on Zoom) of 2.5 hours each exploring the voice (max 12 people)

Fridays: 10am-12.30pm - £55 for all three sessions, or £20 each

Imagination - bringing voice and song fully alive - 6th March 2026

ReWilding the Voice - 13th March 2026

Voices of the Archetypes of Myth - 20th March 2026

The themes are:

Imagination – bringing voice and song fully alive - 6 March

Bringing imagination to bear, whether in 'warmups' or song interpretation, brings qualities to the voice that 'paint' the meaning and mood of a song. Frankie offers some of the exercises and explorations that she has developed to help people bring the voice and songs fully to life.

ReWilding the Voice - 13 March

A chance to play with breath, shakes, hiccups, yodels and slides, and improvise around the sounds we hear in other cultures that allow for more freedom and flexibility in their singing. We use songs and voices from around the world to inspire us to discover different timbres, ornamentation and scales from those we may be most familiar with.

This is not about learning songs, rather it involves exploring vocal styles, such as snake lullabies, goat milking songs, mountain hollers and, of course, working in the fields. There is no right or wrong, just the joy of exploration.

Voices of the Archetypes of Myth - 20 March

An exciting way to expand vocal colour, range and expressivity. General body-breath-voice preparation leads into specific preparation for the particular Archetype/s to be explored using movement, visualisation, imagination and vocal exploration. Frankie then guides you through a story (the journey) which gives you the opportunity to inhabit the larger-than-life world of the timeless figures of mythology and legend and to discover the vocal qualities that they evoke.

For more information or to book: Contact Frankie on 07979 597193

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Frankie has been a professional singer for 60 years and has led voice workshops for 50 years. She is Honorary President of the Natural Voice Network, an honorary member of the Voice and Speech Trainers Association (VASTA) and was awarded the Gold Badge in 2018 by the English Folk Dance and Song Society

This is a unique opportunity to work with Frankie, who has been called 'the godmother of the natural voice singing movement'.



"Whether working at the National Theatre Studio or in a community setting, Frankie Armstrong is able to unlock the most extraordinary and thrilling sounds from people's voices..."

Nigel Jamieson - International Theatre and Festival Director

"...discovering with joy and surprise just where my voice can go. It is a wonderful feeling to get to know how I can connect with my voice more deeply"

"The combination of the three classes was fabulous"

"You created a space that felt safe, inspiring and alive with possibilities"

Frankie's excitement to inform our ears, voices, hearts and minds with different styles of singing from around the world inspired me 30 years ago and still inspires me today"