

A Visual Master Class with Erin Howden

(Video location: CSC Website Video Library/Erin)
<https://youtu.be/byOEHJ4OLUc>

26:50 Intro Talk – Erin

35:20 Erin Coaching - Testimonials from CSC Members

49:25 Musical Line Exploration Intro

50:10 Musical Line Exploration Exercise – Spelling Canadian Showtime

54:17 PHYSICALITY – 'using your body as the powerful instrument that it is'

55:09 Posture, Power, Stability, Openness - Standing on Giant Exercise

58:00 Chair Exercise – centering, grounding

1:02:30 Hands and Upper Body Pearls – 'your whole body needs to sing always'

1:07:50 First 'Somehow' of YTAOM – example

1:12:35 Tension Reduction – openness and grounding, 'I'm a sentimental sap' example

1:14:50 Adding people exercise – 'we tend to sing to our mass'

1:18:04 Audience Visualization Exercise – in front vs stadium – for sound AND message

1:21:40 Motor Boat vs Sailboat Exercise – 'quiet open empowerment'

1:27:00 Still vs Walking Exercise – 'Activated body = Activated Voice'

1:29:14 Launch on count 1 and stretch to count 4 – for both the move AND the message

1:41:00 'Sooooo' chat – emotional purpose, there's extra conversation behind the 'so', 'must keep moving your message'

1:48:00 'Somehow' in the tag – emotion behind embellishment, giving emotion rather than showing you have it

1:54:40 Freeze and Justify Exercise – grounding, centering, staying open, taking core with you

PURPOSE -Exploring the Why

2:00:35 The brain can relax when we understand the meaning
YTAOM Intro meaning breakdown

2:13:00 Breakout Room – Belinda, Shannon, and Stephanie
Awesome Stephanie quote “I find that the cheeky part” at 2:15:00 :)

2:24:37 Review from Breakout Rooms
that's all, I have no will, YTAOM with repeat, apple on a bough, hot and bothered

2:32:20 You Are My Sunshine Repetition Exercise – dig deeper with every pass, authenticity

2:40:00 Margaret – Finding another perspective for the song

2:46:10 Feeling Uncomfortable Means You're Learning