

frontlines

good living

Sound Check

My first encounter with Angela Caine, founder of The Voice Workshop, had me bouncing around her studio on a giant rubber ball, while giving a half-baked rendition of 'Send In The Clowns' (what else?) to a piano accompaniment. Temporary madness? No, just curiosity.

Over the years, Caine's work with people from all walks of life has earned the ex-singer a reputation as one of the country's leading voice coaches. At her recently opened London workshop, Caine focuses on the link between the way we use our voices in daily life and our general wellbeing. According to Caine, by exercising the voice with the body we can recognise and correct bad habits which may hold us back in all sorts of situations.

Caine has trained croaky aerobics instructors and athletes, including a top basket- ball player with a stammer.



Report by Jenni Boden. Photo: Barry Herman.

As a result of their work together, the player lost his stammer and improved his game - the breathing work involved enabled him to move about with more speed and freedom.

The workshops are open to everyone, including non-professionals who simply want to explore their vocal potential. And don't worry if you're scream-shy. Caine has been known to have the most inhibited of souls

swinging from her brightly coloured climbing frame, letting rip with their tonsils.

When I noted the lack of soundproofing in her studio, Caine explained that she shared the building with advertising and media types. They're used to it, she said.

Individual and group tuition is available...