PRESENTER: Dr. Kristin Newbegin

SESSION TITLE: The Balanced Singer: How muscular imbalances affect singer alignment and what we can do about it.

SESSION TYPE: Lecture

SESSION DESCRIPTION

Fluid and balanced alignment is essential for singers. Practicing an awareness of alignment is a critical part of achieving efficient breath management and resonance. Singers often struggle with postural distortions that can lead to inefficient alignment and technique.

In this session Dr. Kristin Newbegin, Professor of Voice and National Association of Sports Medicine certified Corrective Exercise Specialist, will examine the ways in which common postural distortions and muscular imbalances can affect the voice. Participants will learn how to identify these imbalances and receive basic movement patterns to use with clients to support balanced alignment and promote freedom in the vocal mechanism.

PRESENTER BIO

Active as a soloist and chamber musician, Kristin Newbegin has sung with companies such as Lyric Opera of Kansas City, Des Moines Metro Opera, Opera 180, Opera for the Young, Kantorei KC, New Ear Contemporary Music Ensemble, and Kansas City Metro Opera. Previous roles have included Mimì (*La Bohème*), Donna Anna (*Don Giovanni*), Rosalinda (*Die Fledermaus*), Pamina (*Die Zauberflöte*), Female Chorus (*Rape of Lucretia*) and Donna Elvira (*Don Giovanni*).

Newbegin currently serves as Assistant Professor of Voice at Central Methodist University in Fayette, MO. She has previously served on faculty at Missouri Western State University, Benedictine College, and Haskell Indian Nations University. She received her Doctorate of Music degree from the University of Kansas where she studied with Joyce Castle. As a NASM certified personal trainer, her research interests include the application of proprioception and somatics in the vocal studio. In her free time she enjoys knitting, fostering dogs, and racing as a competitive cyclist.