



Julius Mitchell: Vocal Embodiment: the power of the voice to affect the body



Julius is an international performing artist - Beatboxer, Singer, Pianist, Choral Music Director & Composer. He has performed in over 500 events and judged beatbox competitions around the world. In this session, experience the use of breath to create freedom and greater range in vocal expression and get an eye-opening introduction to the techniques of beatboxing.

TOP EMBODIMENT TIP: Stay rooted in your heart, know who you are and then everything is possible.

Connection Between The Breath And The VoicePre Vocal Work Breath Exercise:

- The importance of breathing exercises as a **warm up for vocal work**.
- Julius presents the breathing exercises he uses; using the breath to connect take oxygen to a wide range of muscles.

Voice And The Body:

- **The muscles connected with our use of the voice**
- Julius takes us through the structure of the vocal tract
- Explanation of how the various components of the vocal tract are involved in our making different kinds of sound, particularly in beatboxing.
- The creation of harmonics through control of one muscle to make one note and the voice to create another.
- Creation of sound with both out-breath and in-breath.
- Mastering the inward and outward breath is the secret to being able to beatbox continuously, without running out of air.

Resources

- ❖ Facebook: [JuliusMitchellArtistOfficial](#)
- ❖ YouTube: [Julius's Channel](#)
- ❖ Twitter: [@juliusmitchell7](#)
- ❖ Instagram: [@singing.beatboxer](#)



Julius Mitchell



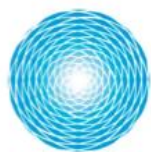


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Amara Pagano is a leader and innovator in the world of conscious dance. She is the creator of the [School of Azul](http://SchoolOfAzul.com) and the co-founder of the global conscious dance community [OneDanceTribe](http://OneDanceTribe.com). Azul is a path of personal transformation that supports the awakening of consciousness and recognizes that, as we transform ourselves we create the conditions for our world to transform.

The ***Path of Azul*** is a map for life designed to take participants through a journey of healing and self-realization utilizing dance and the body as vehicles for exploration. Azul has three gifts for all Embodiment Conference participants.



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