

# LA VOZ. La técnica y la expresión

THE VOICE. The technique and the expression



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This manual takes a comprehensive approach to the voice in its different categories. The first part of the book introduces the concept of voice from its symbiosis with the body and the surrounding environment, as well as the professional voice potential and the various vocal needs for the different professional groups: opera singers, teachers, actors, presenters, etc.

In addition, it teaches techniques for improved oratory and the Cos-Art method.

The second part offers strategies to optimize, strengthen and take care of the voice, to recover it after over exertion. It presents step-by-step methodology for physical, respiratory and vocal work, on which any communicative activity should be based.

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