



**WEAK, HOARSE, DAMAGED
AND DEFECTIVE VOICES CAN
BE RESTORED AND BUILT TO
PERFECTION. GOOD VOICES CAN
BECOME EXCEPTIONAL VOICES.**

**SNORING, SLEEP APNOEA AND ASTHMATIC
CONDITIONS CAN BE IMPROVED BY
STRENGTHENING THE VOCAL ORGAN**

**DR EUGENE FEUCHTINGER'S
GIFT TO VOICE CULTURE**

Dr Eugene Feuchtinger, an American scientist and highly acclaimed voice coach, continued the legacy of his forefathers and made gigantic discoveries in the field of vocal development to the enormous benefit of many people in the early and mid twentieth century. He maintained throughout his lifetime that a good voice is the birthright of every individual. The treasures Dr Feuchtinger brought to voice culture through his immense knowledge of the vocal organ were forgotten, and so today the Perfect Voice Institute has been reestablished to once again make his remarkable discoveries available to all those in pursuit of vocal perfection, restoration, health and wellness.

Reinette Boshoff, an accomplished opera singer, thought her career was over when she began to lose her voice. Fortunately she was introduced to Feuchtinger's Perfect Voice method and today her voice is stronger and better than ever before.

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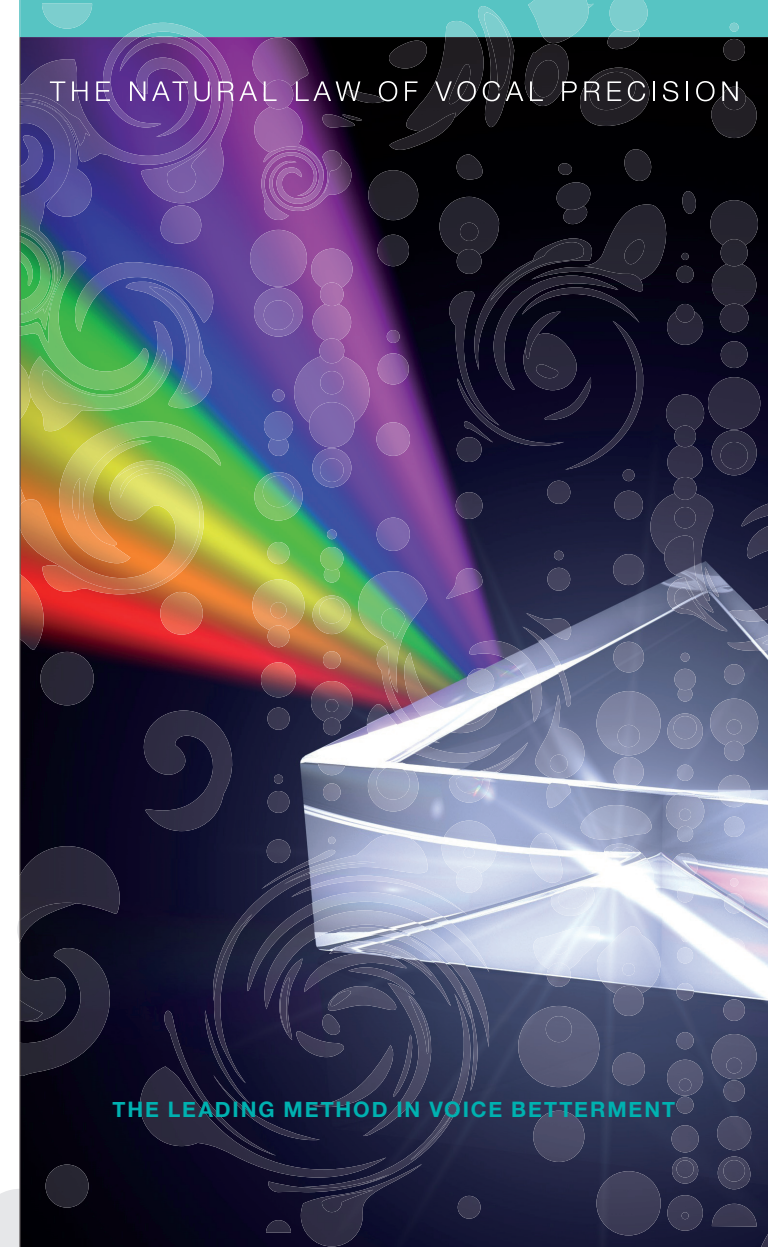
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**Branches in the West Rand, Randburg
and Centurion to accommodate clients.**

THE NATURAL LAW OF VOCAL PRECISION



THE LEADING METHOD IN VOICE BETTERMENT

WHAT WE DO

DEVELOP YOUR VOICE TO ITS GREATEST POTENTIAL

- Improve, strengthen and preserve your voice.
- Overcome speech impediments that damage self-confidence.
- Gain unique tools to build your voice to its full potential in speaking and singing.
- Suitable for all ages.

A SCIENTIFICALLY SOUND METHOD

- Founded on knowledge of the anatomical and physiological basis of voice production.
- Demonstrates a unique ability to address the precise mechanical action within the larynx.
- Students of voice culture can repeat scales, yawn, sigh, hum, practice breathing, lip rolls, vowels and tongue twisters, but without direct attention to the mechanics of the vocal organ progress is limited and in many cases harmful.

WHAT SEPARATES US FROM ANY OTHER VOCAL DEVELOPMENT COURSE?

- General advice given to achieve a strong, healthy voice centres on breathing and strengthening the diaphragm, but without adequate closure of the vocal chords the breathing mechanisms are not fully activated, or given the resistance they require to strengthen.
- The Perfect Voice method solves this problem by activating and strengthening the hyo-glossus muscle in the tongue. This ensures the larynx remains in a balanced position allowing the vocal chords to close and stretch properly, which activates the breathing apparatus to the fullest extent, and opens up all the resonating spaces within the body so the voice can resound with full power.
- Student learns to understand the voice as an instrument and an organ of the body, making it a real, physical thing and not just a mysterious force.

HOW WE DO IT

ONE SIMPLE, PERFECTLY CO-ORDINATED ACTION

- Blends elements usually dealt with in separate exercises (such as resonance, range, projection and articulation) into one simple, perfectly co-ordinated action.
- By learning to isolate and contract the hyo-glossus muscle located in the tongue an individual is able to tilt the hyoid bone so that it holds the voice box in place promoting a smooth, well co-ordinated action within the vocal organ.
- With persistent practice of correct vocal action the voice grows stronger, culminating in a full, well-rounded tone that is clearly articulated and has natural carrying power.
- As the hyo-glossus muscle strengthens so does the soft palate gaining the tone and elasticity essential for keeping the air passages open.
- This brings relief for those suffering from sleep abnormalities.
- Shallow breathers are also offered relief because as the hyo-glossus muscle gets stronger it activates the breathing mechanisms at the deepest level.

THREE SILENT EXERCISES

- Forty years of research and tests resulted in three silent exercises.
- Proved to be the most effective way to connect the mind with the hyo-glossus muscle.
- Practiced daily the silent exercises develop the hyo-glossus to the extent that it neutralizes the strain of other muscles that can jeopardize healthy vocal development.

NO MORE FALSE, UNNATURAL OR AFFECTED QUALITIES OF EXPRESSION

- No danger of losing natural vocal quality and sounding affected, as is often the case with elocution, speech and singing lessons.
- The method is unique – it doesn't add anything, but rather eliminates the obstacles that prevent healthy vocal action, thereby preserving and liberating the natural voice.

WHO WE CAN HELP

BOTH SPEAKERS AND SINGERS CAN USE THE PERFECT VOICE METHOD

- Speech and singing training are different due to a lack of knowledge regarding the muscular action that makes both possible.
- The method reveals how singing is in fact an extension of speech – it is a product of the same mechanical action within the vocal organ, simply requiring greater strength and energy.

ASSISTS INDIVIDUALS AFFLICTED WITH VOCAL DEFECTS

- Practicing the exercises, which are designed to bring the tongue muscles under conscious control and develop a well co-ordinated action within the vocal organ, assists impediments like lisping, stuttering and stammering.

HAS BENEFITS FOR PEOPLE SUFFERING WITH ASTHMA, SNORING AND SLEEP APNOEA CONDITIONS

- Assists individuals struggling with conditions such as snoring, sleep apnoea and asthma due to its ability to strengthen and tone the weak tongue and palate muscles which compromise the breathing apparatus and give rise to these problems.

The Perfect Voice Institute offers the Alexander Technique as a complementary service to help students gain more physical awareness, and overcome poor habits that create impediments in the development of new skills.

- The Alexander Technique is defined as a process that teaches an individual how to co-ordinate body and mind to release harmful tension and improve posture, co-ordination and general health.
- In the Alexander Technique and the Perfect Voice Method one finds two key ingredients that promote physical and vocal expression that is free from strain and tension.