

# MARCELO KUNA

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**Course title:** Embodiment of the voice

**Format:** Weekly course / Workshop / Weekend workshop

**Possible course start:** October 2025

## Keywords:

**Embodiment of the voice; relaxation; meditation; joy of playing**

„To free the voice is to free the person“ (Kristin Linklater)

**Brief description:** As Swedish-born opera singer Valborg Werbeck-Svardström (1879-1972) noted, the field of language is completely different from that of singing. With this in mind, this course aims to help participants find their own voice through the embodiment of lived experience and artistic creativity. The focus here is not on understanding the formation of the voice in the traditional sense, as in classical singing technique, for example, but on developing an understanding of the voice through the body as a means of spiritual connection and grounding.

Various artistic techniques and methods can be experienced in this course, such as the School of Voice Unveiling (Rudolf Steiner/Valborg Werbeck-Svärdström), body percussion (as in the world-famous music of the Brazilian group Barbatuques), contact improvisation, as well as a range of meditation techniques and mantra singing. The aim of this course is to promote the systemic regulation of the body's systems through work with rhythm, voice production, movement, and meditative practices that increase relaxation, stimulate hormonal regulation, and improve overall mood. Some of these aspects have been explored through many years of experience teaching refugees from different cultural backgrounds in Berlin.

The exercises in this course could be considered “Feldenkrais for the voice,” in an effort to find an elegant, effortless (i.e., not without work, but without tension) and powerful singing practice. Curiosity, a willingness to unlearn unhealthy behaviors, and a search for new ways of moving and singing are some of the aspects covered in this course. Sing your heart out without fear of judgment!

## **Short bibliography**

Linklater, Kristin. Freeing the natural voice: Imagery and art in the practice of voice and language, New York: Drama Publisher, 2006.

Sarkar, P.R. Microvitum in a nutshell. Calcutta: Ananda Marga Publications, 1991.

Werbeck-Svärdström, Valborg. Die Schule der Stimmenthüllung - Ein Weg zur Katharsis in der Kunst des Singens. Switzerland: Verlag am Goetheanum, 2010.

**Time commitment:** TBD

**Target group:** anyone aged 16 or over.

**Number of participants:** ideally 10 and a maximum of 30.

**Requirements:** openness and willingness to discover creativity.

**Required materials:** comfortable clothing (no jeans or tight clothing) suitable for movement, a water bottle, and a personal notebook for creating a creative logbook.

**Course instructor:**

**Marcelo Kuna**, Marcelo Kuna, born in Brazil in 1991, is an artist and cultural scientist (M.A. Cultural Studies, HU Berlin, 2023). Marcelo studied in São Paulo at the Pontifical Catholic University with Brazilian pioneers of contemporary dance such as Gaby Imperato, Vera Sala, and Zélia Monteiro, where he earned a Bachelor of Arts (B.A.) in Communication of the Body Arts in 2015. Since 2018, Marcelo has been developing his artistic work in Berlin at the intersection of occulture, body arts, and Epistemologies of the South. Laroyê! <https://www.marcelokuna.com/>

## Qualifications and experience in the field

- Over 20 years of experience as a classically trained singer and stage performer.
- July/2012 – November/2015      Communication of the Arts of the Body at PUC-SP,  
São Paulo-SP / Brasilien  
Graduated 04/2016: Bachelor of Arts
  - Subject: Contemporary dance, performance art, theater
- July/2022 – today    Volunteer at the LGBTI\* initial reception center and shared accommodation facility in Treptow (current operator: Landesbetrieb für Gebäudeverwaltung Berlin – Betriebsteil B; former operator: Schwulenberatung e.V.)
  - Weekly singing lessons based on concepts from the School of Voice Unveiling during weekly 2-hour meetings.
- July/2014 – September/2015  
Award-winning bachelor's research project as a scholarship holder at the Pontifical Catholic University of São Paulo, supervised by Prof. Dr. Gaby Imparato (São Paulo, Brazil).
- Topic: “The Sound of Consciousness: The Practice of the Mantra Baba Nam Kevalam as a ‘Strange Attractor’ in the Organization of the Creative Artist System during the Creative Process”
- 2013      Participant in the course: Introduction to Anthroposophy, Waldorfschule Francisco de Assis (São Paulo, Brazil).
- 2012-2013      Research group and weekly private singing lessons with the renowned teacher of the “School of the Uncovering of the Voice”, Prof. Dr. Ana Taglianetti (São Paulo, Brasilien).