

## Biography

Heather Lyle is a dedicated educator and leading voice teacher for singers and actors in Los Angeles. She received her Bachelor and Master's Degrees in voice from California State University, Northridge. A winner of the California University Sally Casanova Doctoral Scholarship, Lyle completed advanced doctoral voice research and a doctoral internship at the Indiana University School of Music under the tutelage of renowned voice teacher Paul Kiesgen. She went on to become a NCVS Vocologist, studying under Dr. Ingo Titze. She is a Certified Associate Teacher of Fitzmaurice Voicework® and a certified yoga instructor. Fitzmaurice Voicework® is one of the leading voice works for actors today, taught at Harvard, Juilliard and professional acting conservatories.

Lyle is the founder of the patented Heather Lyle Vocal Yoga Method®, a voice work utilizing techniques from Yoga, Pranayama, Voice Science, Alexander Technique, the Bel Canto School of Singing, Qi Gong, kirtan chanting, primal voice work, fascia release work and somatic body work to free the voice. Vocal Yoga uses specialized yoga postures, yoga straps, tubes, tuning forks, somatic body work and primal exercises designed to unblock the breath and voice from parts of the body where it has been braced or blocked due to the everyday emotional and physical stresses of life. When the body is free to breathe and is released from encumbrances, the student will discover a new depth and expansion to his or her voice. These methods may be applied to singing, acting, public speaking and any situation where the voice is utilized. The work has also proven to be effective in preventing and treating vocal injuries. The success of her book, *Vocal Yoga, the Joy of Breathing, Singing and Sounding* has allowed Heather the opportunity to teach people worldwide and she now certifies teachers in this specialized work. She is a co-founder of Tune-In Retreats, presenting destination workshops focusing on music, singing, yoga, health, cultural immersion, natural environments and discovering one's authentic voice. In January 2017, Lyle hosted a workshop for 30 students and teachers in Auroville, India, a UNESCO World Heritage sight. In May of 2018, she and her Tune-In partner, music artist Galen Ayers, will be presenting Tune-In Hydra, an eight-day retreat on the Island of Hydra, Greece. Her book *Vocal Yoga, the Joy of Breathing, Singing and Sounding* is being used in higher academic institutions. The book was recently reviewed in "The National Association of Teachers of Singing's" academic journal in an article in the May/June 2017 issue, Volume 73, No. 5, pp. 511—"Vocal Yoga: Applying Yoga Principles in Voice Therapy" by Adam Lloyd, Bari Hoffman-Ruddy, Erin Silverman, and Jeffrey L. Lehman. *Vocal Yoga, the Joy of Breathing, Singing and Sounding* is available on Amazon.

Please visit [vocalyoga.com](http://vocalyoga.com) and [www.tuneinretreats.com](http://www.tuneinretreats.com) for further info.