

# L'ESPAI DE LA VEU

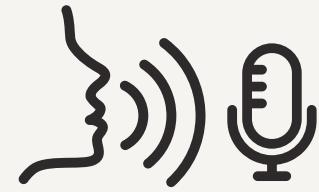
Voice Lab by Lydia Peters



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**Space for nurturing and refining singing and speaking voice styles. Guidance on vocal technique and stage performance. Help in managing performance anxiety. Singing for healing. Educational and emotional support through voice disorders caused by hormonal changes. Guidance in exploring and uncovering vocal identity.**

[www.lydiapeters.studio](http://www.lydiapeters.studio)



As a performer of diverse contemporary music styles, I explore, implement, and share the educational approaches that have supported me in vocal recovery, shaping artistic identity, and comprehending our instrument, always striving for wholesome and therapeutic singing.



Frank Díaz Photography

# ABOUT

## I am Lydia, a singer, voice coach, and singing teacher.

I embarked on my journey as a singer and presenter when I was young. My passion for the natural power of our voices took me first to sing and write music for radio programs and finally to host and produce them. The voice has evolved into my primary tool for performing, mentoring, and guiding aspiring singers. I have also delved into Corporate Communication, Digital Marketing, and Event Management. Hosting events remains a significant part of my work.

I am currently immersed in the world of **Voice, studying for a Master's Degree in Vocal Pedagogy at the Voice Study Centre, which is linked to the University of Wales Trinity Saint David.**



Txema Sheen Photography



# APPROACH

My teaching approach provides a precise, rigorous academic method rooted in empathy and tailored practices. Group workshops that introduce different subjects also fit my approach. This approach is thorough and honours each individual's voice and personal and professional journeys. I emphasize attentive listening to comprehend needs, fears, and aspirations, always from empathy, encouragement, and nonjudgment.

My classes are in Catalan, Spanish, and English. I use the piano as the instrument of choice for practice and playbacks for the student's chosen repertoire.

**“Those who wish to sing always find a song.” (Swedish Proverb)**



# CLASSES

## ● L'Espai de la Veu

L'Espai de la Veu is a room of one's own but also a mobile space for group workshops on various subjects. 1:1 online classes are also available.



## 5 Fundamental Principles of Vocal Practice

- It is essential to set a specific goal for each session.
- Three seconds are required between each exercise to consolidate the practice.
- The practice is adapted to the vocal range of each student/participant.
- Warmups are non-negotiable!
- Drink up! Always have water on hand.

# WORKSHOPS

I specialise in implementing pedagogical approaches to assist in handling vocal transformations due to hormonal changes and life shifts, delving into our identity as vocalists, averting compensatory injuries, and managing stage fright while performing and addressing audiences.

**And indeed, I teach Singing for Joy.**



## Proposed Workshops

- Vocal Technique for a Healthy and Healing Singing
- Managing Stage Fright.
- The Singing and Speaking Voice in Perimenopause and Menopause.
- The Trans and Diverse Voice: Affirmation and Vocal Training
- Golden Singers: Never Stop Singing



# FOR COMPANIES

Numerous studies unveil the socially unifying and harmonious influence of Singing; it delivers swifter and more efficient advantages in team dynamics and connection, due to the renowned "icebreaker effect". Collaborating on a song within a group or arranging an open mic session is greatly cherished by its participants.



**Courses and Workshops to Manage Performance Anxiety in Public Speaking.**

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**Team Building: Singing as a Harmonizing and Bonding Activity.**

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**Masters Degree Voice Pedagogy** -Voice Study Centre & University of Wales Trinity Saint David , 2024-26

**Introduction to Postgraduate Skills in Voice Studies (Performance Anxiety)**-Voice Study Centre, 2024

**Diploma de Especialización en Pedagogía y Tecnología para la Voz y el Canto**-UNED, 2023

**Voice Professional CPD Certificate Courses**-Voice Study Centre, 2023

- Vocal Rehabilitation with a Multi-Disciplinary Team: The Strength of Collaboration in the Successful Remediation of Voice with Margaret Baroody
- Beyond the Mechanics: Vocal Injury Prevention & Performance Optimization with Jennie Morton
- An Exploration of Belting with Amanda Flynn
- Reconsidering Traditional Tactics: Respiration, Placement, SOVTEs, and the Master-Apprentice Model with Brian Manternach
- Considering Vibrato Through the Lens of the Evolving Singing Voice: Changes Across the Lifespan with Karen Brunssen
- Introduction to Voice Coaching for Trans and Gender Diverse People with Gillie Stoneham
- False Vocal Folds: Truths and Fallacies with Kerrie Obert
- Acoustics in the Voice Studio with Gökçe Kutsal
- The Vocal Tract and Singing: A Research Overview with Dr Brad Story
- Exploring the Role of Identity in Creating a Life with Music with Professor Karen Burland

**Estill Voice Craft Levels 1 & 2**- Rowson-Carlevaro Studio, 2016

**Master in Social Media Management for Business** - FUNDEUN, University of Alicante, 2013

**Singing, Solfeggio and Harmony** - Taller de Músics (Barcelona), Allegro and Alameda Schools (Valencia), 1992-2002

**BA in English Philology**-University of Barcelona, 1995-2001

# MY TRAINING



# CURRICULUM

**Singing Teacher and Voice Coach, - L' Espai de la Veu Voice Lab, 2022-present**

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**Host-presenter and scriptwriter of events for public and private companies, 2002-present**

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**SINGER, 1995-present.** I have worked as an Electronic Dance Music singer with record labels such as Marina Music Records and Blanco & Negro Music. I have performed cabaret and am a jazz and pop-rock singer, mostly at private events and with my acoustic band on the national underground circuit.

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**Professor of Radio Communication for Music students - Utiel Conservatory of Music, 2010-11**

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**Voiceover, advertising voiceover, storyteller, 2002-present**

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**Presenter, scriptwriter, producer and director of radio programs, Radiotelevisión Valenciana 2002-09**



# CONTACT

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**Let's Talk!**

+34 655 912 621



**You Can Email Me At:**

lydia.peters@gmail.com



**More information**

[www.linkedin.com/in/lydiapeters](https://www.linkedin.com/in/lydiapeters)



**My weblog**

[www.lydiapeters.studio](https://www.lydiapeters.studio)



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