

allie Tyler



VOICE COACHING *handbook*



MEET *Allie.*



So great to meet you! I'm Allie — a self love advocate on a mission to help others shine their light. I believe we each have a unique essence and when we express our truth, we give others permission to do the same.

I have my Master's degree in Vocal Arts from USC and have since embarked on a soulful journey to discover *my* authentic voice. With having performed thousands of concerts in almost every vocal style, I know how it feels to sing under someone else's control. And while I massively respect the artistic qualities of classical music and my previous operatic career path, I learned a truth that I aim to share with others:

Your voice doesn't have to be 'fixed.'

In fact, the more engrossed I was in my (very vocally taxing) career, the less I listened to what felt *naturally* good. Eventually, I endured a six month vocal injury, all while melting in shame and guilt for not singing “the right way.” It was from that experience that I gained an entirely new perspective on the true meaning behind the ‘voice’ which has since impacted how I sing, perform, write, and of course, teach.

I believe singing should feel free. I believe singing is a vehicle of expression that requires both knowledge AND liberty. And I believe singing is the medicine of our pain and the outlet to our happiness.

So let's make music, shall we?

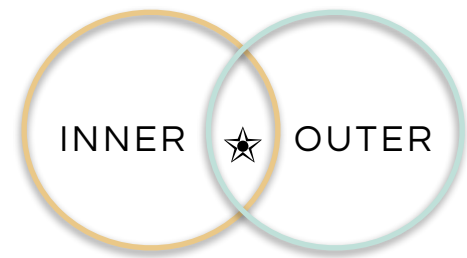
WHAT IS voice empowerment?



THE 2 VOICES

The connection between the 'inner' and the 'outer' voice.

When we begin to tune in, we transcend into our most authentic self. Singing is the external reflection of who we deeply are.



Voice empowerment is the practice of authentic expression.

It's surrendering the need to express expectation, rather than truth.
It's the journey to sharing our soul's story, rather than our ego's fear.
The voice is our tool to express our most authentic self.

WHAT YOU WILL *experience* :

LET'S FLOW.

*A state so enjoyable,
nothing else matters.*

In modern psychology, the concept of 'flow' or 'being in the zone' has incredible effects on our happiness, including but not limited to:

- Clarity of goals and immediate feedback on the progress
- Sense of control
- Losing awareness of self and remaining present
- Activities that intrinsically rewarding



When our skills meet an aligned challenge, we find our *flow*.

In our lessons together, I will provide you with the resources, tools, techniques, and safe space to be able to find your own creative flow. Through yoga breathing exercises, meditation, stretching, music comprehension, improvisation, and nuanced vocal technique, we will ground into your expressive truth and sing it in a way that's light, fun, and YOU!

HOW LESSONS *work* :



ONCE A WEEK

*Biweekly may be requested



45 OR 60 MINUTES



CUSTOM PACKAGE

CREATE YOUR *package* :

SELECT UP TO 3 ITEMS

\$50 | ONE TIME

- CUSTOMIZED WARM UP TRACK
- 'VOICE' ESSENTIAL OIL ROLLER
- CREATIVE SIGHT SINGING BOOK
- VOCAL HEALTH REMEDIES GUIDE
- SONGWRITING + IMPROV PLAYLIST
- STRETCHING + YOGA GUIDE

MONTHLY *rates* :

\$200 | 45 minutes

\$240 | 60 minutes

***\$350** | 6 lessons

*Read 6 mo. package

WHAT *you need.*

ALLIE WILL PROVIDE:

- Warm up track (standard or customized)
- Straw
- Sheet music/song
- Recorded accompaniment track for song
- Lesson logs
- Staff paper

YOU WILL PROVIDE:

- 3 ring binder
- Recording device (smartphone)
- Printed lesson logs
- Lesson method book (as suggested)
- Sheet music payment (on invoiced)
- Wish list of favored songs

LESSON *expectations.*

- Student may warm up before lesson with warm up track (not required).
- Materials are to be brought every lesson.
- If student is showing continuous lack of preparation, disinterest, disrespect, or is not valuing our time together, I reserve the right to terminate our lessons.



MORE THAN *just lessons.*



STUDIO ADD-ONS:

GROUP LESSONS

- Bring a friend(s)
- Be paired with other student(s)
- Affordable rates to split

\$90 | 90 MINUTES

WORKSHOPS

- For events + organizations
- Group singing, mindset, flow
- [Click here](#) to see list of topics

\$250 | 90 MINUTES

REFERRAL DISCOUNTS:

50% off | PER STUDENT REFERRAL

25% off | PER WORKSHOP REFERRAL

**Note: Additional discounts may be offered and are announced in that moth's studio news*



LET'S GET
started!

[schedule a free trial lesson](#)

www.allietyler.com ★ hello@allietyler.com