



PRESS RELEASE: August 14, 2017

Contact: Cristi Catt
cristicatt@gmail.com
617 576 8747
www.kinestheticsinger.com

Announcement of Book Release:

The Kinesthetic Singer: Lessons on singing from yoga and basketball by Cristi Catt is available at the Merrimack College Bookstore in September!

Both a “how to” for individuals and a textbook for the Voice Class offered this fall, The Kinesthetic Singer centers on the idea that larger conscious motion can override smaller, detrimental, unconscious movement. The book presents basic vocal anatomy and mechanics, new ways to think about singing, and exercises that combine singing, movement, and visualization. Images in the book designed by architect Robert Christo create a visual language to help singers remember the intentions of vocal exercises and present basic vocal anatomy. The book also provides access to a private website containing audio and video links.

Published by Xanadu.

The **L.A. Times** writes *“the stunning solo excursions by **Cristi Catt** were as radiant and exciting as any singing I’ve heard all season”* She is a certified yoga instructor and teaches Movement for Musicians at the Berklee College of Music and Body Mechanics for Singers at New England Conservatory. As a voice teacher, she works privately with a diverse range of singers at New England Conservatory, Merrimack College and in her private studio. She presents workshops nationally and internationally.

“An incredible teacher, skilled at drawing students out of themselves in a supportive way, encouraging them to explore sound, breath, and movement as they develop their musical selves.” Dr. Eden MacAdam-Somer, Assistant Chair, Department of Contemporary Improvisation, New England Conservatory

“Her approach was a completely new world for leaders of Riga vocal ensembles, choral conductors, voice teachers, and singers.” Antra Drege, Director of Latvian Vocal Ensemble Putni

“Having seen her methods in action, in teaching and on stage, I eagerly look forward to learning from her insights.” Rebecca Shrimpton, Assistant Professor, Voice, Berklee College of Music

“Without hesitation, she had us working through comprehensive and effective exercises to open our minds, relax our bodies and free our voices. By the end of the first lesson we were improvising 3-part-harmony chorales and singing with voices we never knew we had.” Charles Clements, George Clements, Patrick M’Gonigle of Lonely Heartstring Band, Rounder Records.