

EPK

‘BREATHING RHYTHMS’ WORKSHOP

WITH ASAF SIRKIS & SYLWIA BIALAS

Connecting awareness of
breathing and movement
with rhythmic understanding.

WWW.
ASAFSIRKIS.COM
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BREATHING RHYTHMS

Connecting awareness of breathing and movement with rhythmic understanding.

A WORKSHOP WITH:

ASAF SIRKIS (Israel/UK) - drummer/composer/educator &

SYLWIA BIALAS (Poland/Ger/UK) - singer/composer/educator

Understanding and making the connection between the way we breathe/use our body and our awareness of rhythm is a key to both tapping into a rich source of inspiration for musical ideas, and effortlessly executing them.

CONTENTS:

- The basics of Konnakol (South-Indian vocal percussion) and its uses in western music.
 - Developing rhythmic awareness on the mental and physical level
 - Acquiring `rhythmic devices`
 - Improvement of coordination
 - Understanding and internalizing odd times
 - Mastering rhythm at any time and anywhere you are
 - Spotting and resolving challenges in performing rhythm
 - Learning techniques of correct and efficient breathing
 - Understanding the relations between healthy breathing, relaxed posture, easy coordination, effortless movement and sound - perception
 - Helpful ways of developing technical skills
 - Gaining freedom and confidence in vocal performance
 - Inspiring rhythmic ideas for original compositions
 - Incorporating meditation to your day-to-day practice
- and more...

WEBSITES:

<http://www.asafsirkis.com>

<http://www.sylwiabialas.com>

ASAF SIRKIS` YOUTUBE CHANNEL - VIDEO TUTORIALS:

<https://www.youtube.com/user/AsafSirkis/videos>



Asaf Sirkis (Israel/UK)

"Since arriving in London from Israel at the end of the '90s, Asaf Sirkis has earned a reputation as one of the world's premier drummers"

Ian Patterson, All About Jazz

"Sirkis' drumming is very subtle and razor sharp throughout, even when the energy rises"

Budd Kopman All About Jazz

"Asaf Sirkis sounding creatively freer and more dramatically inventive than ever on drums"

John Fordham, The Guardian

Born in Israel, 1969, Asaf started his professional career as a musician in the early 90's playing with many different Jazz-Rock, Kleizmer, world music, and Free Jazz bands in Israel. During that time he co-operated with Israel's local Jazz/world luminaries such as Harold Rubin, Albert Beger, Yair Dlal and Eyal Sela. Many of those early projects were recorded and released by a pioneer Jazz record label in Israel called Jazzis (founded by Adam Baruch).

Around those years Asaf started to write music but it wasn't until 1995 when he formed his first trio that he found an outlet for his writing. In 1998 Asaf left Israel and settled in London. He soon became part of the UK Jazz and world music scene, and started working with artists such as Adel Salameh, a Palestinian oud player/composer and reeds player Gilad Atzmon with whom he formed the 'Orent House Ensemble'. In 1999 Asaf formed his band 'Inner Noise' with Steve Lodder (Church Org.) and Mike Outram (Guit). In 2003 Asaf recorded the Inner Noise' first album ('Inner Noise'). 'Inner Noise' is widely considered a groundbreaking album and the music has been described as a new gender - 'Gothic Jazz'. The CD was chosen as one of the best albums of 2005 at the CHUOFM89 radio jazz station in Canada. In 2006 Asaf started a unique collaboration with highly acclaimed saxophonist/composer Tim Garland and Pianist Gwilym Simcock known as the 'Lighthouse trio' (ACT). This band has toured world-wide and recorded 3 albums so far. With his Inner Noise band Asaf made two more albums, 'We Are Falling' (Konnex 2005) and 'The Song Within' (SAM Productions/Egea 2007) which was selected as one of the best albums of 2007 at the 'All About Jazz' web-site by John Kelman. While developing his own compositions, Asaf formed the Asaf Sirkis Trio in 2007 which features Greek guitarist Tassos Spiliotopoulos and Israeli bassist Yaron Stavi. This trio released their first album 'The Monk' in September, 2008 (SAM Productions/Egea) and is currently preparing a new release - 'Letting Go' - in September 2010. Asaf is also working with the Larry Coryell's 'Power Trio' (featuring Larry Coryell on Guitar and Jeff Berlin on Bass), Nicolas Meier Group (guitarist off Jeff Beck's band), a group that combines Jazz with Middle Eastern music, with John Law's Art Of Sound Trio as well as working with other artists such as: Chick Corea, Jeff Berlin, John Abercrombie, Soft Machine, Bob Sheppard, Norman Watt-Roy (off the Blockheads), Wilko Johnson, Mark Egan, Dave Liebman, David Binney, Gary Husband, John Taylor, Norma Winstone, Kenny Wheeler, Gwilym Simcock, Andy Sheppard, Soft Machine, Peter King, John Etheridge and more.



Sylwia Bialas (POL/GER/UK)

"Bialas voice is not only exceptional, both in timbre and range, but her improvisations are stunning. She uses her voice like an instrument, wordless, powerful, soaring..."

Free Jazz Album Reviews, Los Angeles, Fusion, World Jazz (USA)

"Her voice is an astounding instrument, crystal clear throughout its wide range, with a very sparing use of a tight, controlled vibrato. She can whisper as easily as soar, and Polish never sounded so enchanting "

Budd Koppman, All About Jazz (USA)

"Bialas is not just another great jazz vocalist improvising her way through a cool sounding acoustic album. Her voice shimmers, sparkles and whispers like a misty morning sun shining through to warm our heart and soul. I found myself soaring on each and every note and was deeply moved by her soulfulness. "

John Prichard, Jazz-Rock.com website (UK)

"There`s an almost devotional intensity to her singing that rarely fails to deliver"

Andy Robson, Jazzwise (UK)

Sylwia Bialas' flexible, constantly evolving timbre and her instrumental approach to improvisation produces a unique vocal style - an adaptable, interactive and unique musical instrument. Her distinctive phrasing and techniques fashion soulful sung lyrics as well as the most atmospheric vocalise, all touched by the styles of ECM and ethno-music, and strongly influenced by eastern culture: "Music is my precious way of sharing - with the musicians I'm honoured and happy to work with, and also the audience..." Sylwia has collaborated with many fine musicians, including: Andrea Centazzo (IT/USA), Asaf Sirkis (ISR/UK), Peter Phippen (USA), Hans-Peter Salentin (GER), Michael Wollny (GER), Adrian Mears (AUSTRAL), Tim Garland (UK), "The Shin" (GEORGIA), Hubert Winter (GER), Frank Harrison (UK), Antonio Zambrini (IT), Russ Spiegel (USA), Roine Sangenberg (SWE), Jesper Bodilsen (DEN), Michele Salgarello (IT), Gilad Atzmon (UK), Pat Bettison (USA), Yaron Stavi (ISR), Zbigniew Lewandowski (POL) and more...

Sylwia Bialas has also been creator and member of various international music and art projects, as well as a number of diverse bands touring in Germany, Poland, Italy, Scandinavia and the UK. Recent collaborations/bands: [Sirkis/Bialas IQSB Quartet](#); [CEA Ensemble \(Scandinavia/Italy/Germany\)](#); [Deep Endeavour \(Scandinavian art project\)](#). Soundtracks: Krabat (20th Century Fox); Paradies auf Erden (German Art TV).



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