

Isaac and Thorald Koren - Your Harmonious Voice 2024

What You'll Discover in These 7 Weeks

In this 7-week transformational course, Isaac and Thorald will guide you through the fundamental skills and competencies you'll need to gain the confidence to use your voice as a vital tool for creating harmony within yourself and in the world. You'll experience your voice blending with others into something more vast and transcendent than you can create on your own — no previous musical experience required!

Module 1: Harmony With Yourself for Self-Discovery & Inner Peace (February 21)



In this opening session, you'll explore how the transformative power of your voice can help you achieve inner harmony.

Harmony with yourself means feeling a deep sense of contentment, clarity, and coherence, which becomes accessible as you **engage in simple, yet profound practices involving your voice, breath, and attentive listening**. These vocal processes and games are designed to help you **revel in the beauty of your own voice, whether or not you *think* you can sing**, while providing a soothing escape from your internal chatter — those persistent “small voices” that often lead to discord, dissonance, and discomfort.

You'll unearth **the art of using your voice as a tool for self-discovery and inner peace**, learning how to tune in to its soothing qualities and foster a new level of wellbeing and vitality.

During this first session, you'll:

- Participate in **somatic and embodied voice practices** to find peace, freedom, and connectedness with your voice
- Explore receptive and listening voice exercises to **deepen your capacity to harmonize**, and tune your musical ear to a new level
- Experience the sense of coming home to the voice you've been given through **whole-body toning**
- **Be introduced to the Brothers' newest work**, "The Harmonic Voice Series"
- **Discover the "Sonic Anatomy"** — which the Brothers created in collaboration with Eileen McKusick, founder of the Biofield Tuning Institute — a whole-body tone map to awaken your full resonance

Module 2: Harmony With Others to Free Your Voice & Communicate, Collaborate, and Create (February 28)



Get ready to delve into the natural harmony that resonates between us through our voices!

In this session, the Brothers will guide you to **play with singing harmonies** to deepen your understanding and comfort with adding your voice to the larger chord of life. You'll **experience firsthand the power of using your voice to communicate, collaborate, and create** — with no prior singing experience required!

Isaac and Thorald believe that *everyone* is naturally equipped to express themselves by sharing their voice, ensuring it's heard and valued by others. As you start to attune your voice and your musical ear, you'll **tap into your inherent musicality and vocal prowess**.

Your voice's unique frequency forms an essential part of the collective symphony of voices, which lacks its full potential without *your* active and generous participation. You'll learn to appreciate and savor the entire spectrum of vocal interaction as you **engage in real-time experiences of both harmony and dissonance**.

In this session, you'll:

- **Be guided through harmony practices** with the Brothers to learn key tones for harmonizing comfortably with anyone

- Experience harmony on a whole new level, **creating liberation and freedom in your voice**
- **Explore voice exercises in the resonant spectrum and harmonic series** to unlock your full range and deeper ear connection
- **Discover the #1 voice practice Thorald and Isaac use to free their own voices** and create 1000s of songs with people from all around the world

Module 3: Harmony With the Universe to Move Beyond Inhibitions in Your Voice & Your Creative Process (March 6)



This week, you'll be invited to **immerse yourself in the symphony of the universe** through a vocal sound bath, guided voice meditations, and a collaborative song creation experience.

You'll delve into the natural principles of **harmony, synchrony, and emergence**, using sound and deepening vocal exercises. You'll get a taste of the Brothers' "Creative Process Design," **a method they've used with thousands of people to create songs** through harmonic principles.

You don't have to worry if you have no musical background. Astonishingly, your brain is innately attuned to sound and ideas. All you need is a sense of willingness, curiosity, and imagination to embark on this journey through the musical cosmos.

You'll discover the innate intelligence within your body and brain as they relate to sound and resonance. This class is an invitation to **deepen your understanding of the resonant universe** and how you interact with and flourish within it.

In this session, you'll:

- Experience how **voices from all over the world can create harmony and coherence** with ease when in resonant alignment — creating a real example of peace
- **Discover your unique "musical cosmology"** and how it informs your voice
- **Learn how to flow through a creative process with others in harmony**, and witness the musical miraculous unfold

- **Be part of a song-writing experience** and move beyond inhibitions, both in your voice and your own creative process

Module 4: Harmony With Your Emotions — Your Voice as a Vital Tool for Expressing & Balancing Your Feelings With Special Guest Eileen McKusick (March 13)



The Brothers will lead you through a **unique voice healing approach — “Sing The Body Electric”** — using your voice to harmonize and tune yourself... and feel more coherent, embodied, and liberated.

You’ll explore the Sonic Anatomy, demitones, resonant zones, and healing “tone-ics,” which the Brothers also co-created with Eileen McKusick over their last 3 years of collaboration. You’ll learn **how sustaining simple vowel sounds and tones can create harmonics**, which you can direct to various body areas for real-time healing.

This session will offer profound insights into the emotional landscape of your body, revealing how emotions manifest sonically. Isaac and Thorald will show you **how to use sound and music as tools to express and balance emotions**, aligning both your physical body and biofield. It’s an opportunity to understand and harness the therapeutic power of your voice in a holistic and healing way.

In this session, you’ll:

- Be guided by the Brothers, and special **guest facilitator Eileen McKusick**, into the foundations of the Sonic Anatomy and demitones for greater liberation
- Free the resonant zones of your voice for greater power and **access to your full sonic spectrum**
- Use a series of **healing tones, called “tone-ics,”** to attune your whole body and find your true resonant tone
- **Experience group singing** to find freedom and liberation in the voice you’ve been given
- Deepen your understanding of **Thorald and Isaac’s embodied voice work, “The Harmonic Voice Series”**

Module 5: Harmony of Consciousness to Unleash Your Own Creative Potential (March 20)



During this module, you'll harness your accumulated voice experiences to **release creative blocks and unlock your own creative human potential**.

The Brothers will guide you to tap into the greater consciousness and the creative universe to **discover your own soul's song — trusting the music coming from within you**.

You'll explore how reception and expression serve as gateways to achieving coherence and trusting in your own creative impulse.

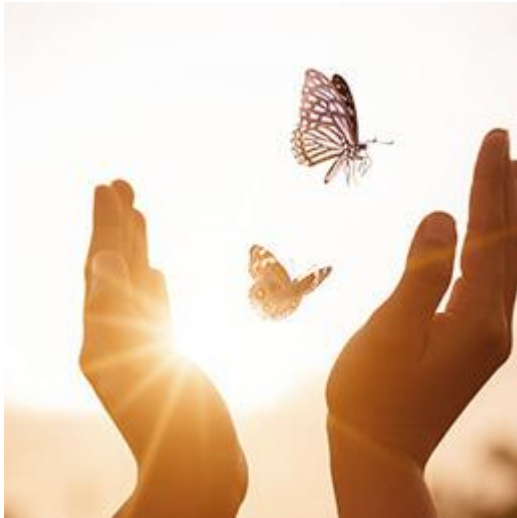
You'll learn techniques to channel ideas from the collective consciousness, project positive intentions, and exert influence — **using the luminescent and sonic power of your voice**.

This class is also designed to help you tap into the vast reservoir of collective energy always at your disposal.

In this session, you'll:

- Practice simple voice meditation techniques to feel less isolated and disconnected from yourself or others — **providing a means to quickly experience connection**
- Be guided in creative games aimed at **tapping the music within you that is waiting to be expressed**
- Experience a new level of **play in your voice** and creative connection
- Discover a **song-writing process to access your inner song**

Module 6: Harmony With Your Soul — Celebrate Your Voice to Build Confidence & Cultivate Joy With Your Own Liberated Expression (March 27)



Embrace the art of self-expression and the profound joy of being heard by engaging your courageous voice. You'll experience the exhilarating feeling of connecting with your creative essence and tapping into the intelligence of life through your whole-body instrument and distinct musicality — *and* sharing it in a safe space with others.

This session offers a unique opportunity to **transcend limiting beliefs and internal discord concerning your voice**, paving the way for the liberation of your truest, most authentic expression. It's a celebration of your individual voice, an exploration of its power and beauty, and an **invitation to share your unique sonic identity** with the world.

This isn't just about sharing your voice, but rejoicing in its uniqueness and the deep connections it enables, because, when you truly show up, you have a loving influence and impact on others.

In this session, you'll:

- Celebrate yourself and others in a safe container, **experiencing greater social connection and community** for voice, music, and song
- Use **embodied voice practices** as new warm-ins and voice activations to take with you into your life
- Experience the Brothers' method, "Daring to Suck," for greater **confidence-building and joy with your own freedom of expression**

Module 7: Harmony in the World — Expand Your Vocal Impact to Have Your Soul's Message Heard (April 3)



This closing session is dedicated to exploring how to continue supporting the development of your voice — creating lasting fractal impact on the rest of your life.

You'll reflect on and acknowledge your progress through the course, focusing on the growth and expansion of your voice and its impact on your soul's journey.

You'll develop **a deeper understanding of your voice as the harmonizing tool of your life** as you're invited to nurture a positive, ongoing relationship with your voice — integrating it into your daily routine. The Brothers' goal is to empower you to **carry your unique message clearly and with intention**, because the world needs your voice. Are you ready to share it?

In this final session, you'll:

- Master the art of reflection as a vital voice practice
- Learn how to **cultivate an individualized voice practice** to take with you long after this course ends
- Discover ways to **bring an embodied and harmonic voice approach into your community and life**

The Your Harmonious Voice Bonus Offering

In addition to Isaac and Thorald's transformative 7-week online course, you'll receive this special bonus offering to complement the course and take your understanding and practice to an even deeper level.

The Mystic Voice

Video Interview With the Brothers Koren and Fred Johnson



In this conversation with Thorald, Isaac, and transformational voice leader Fred Johnson, they discuss the profound and mystical aspects of the human voice. You'll discover how the voice is not just a tool for communication, but a powerful link between the physical and spiritual realms — the body and soul. They delve into the intricate ways in which your voice is intertwined with your spiritual essence, inviting you into reverence and respect for journeying through the sacred act of human expression.

Harmonic Backing Tracks

5 Downloadable Audio Recordings From the Brothers Koren



Receive new and exclusive backtracks from the Brothers Koren, created to help you practice harmonizing. These five harmonic voice activations are meant to inspire and draw out your own harmonic vocals. Designed to complement the course, these tracks vary in style and complexity and are suitable for all skill levels. Crafted to enhance your ability to create beautiful harmonies, you can use them to explore and improve your vocal abilities — anytime, anywhere — adding depth to your learning journey.

