

noga

circle song and vocal improvisation - sonoga© method
General overview

Let's play our human orchestra

When the voice, the body and the mind are source of vocal improvisation

Exploring who we are, and who we become, when we dare to show up

Fundamentals

Noga creates a safe, playful space, both happy and profound, which welcomes all differences.

- Begin with the breath, anchor yourself in the body and movement, let go.
- Practice circle song (instantaneous polyphony), and let yourself be carried away by the sound, the language, the group, the vibration.
- Discover the colours of your inner orchestra.
- Acquire some keys foundations to improve your voice, whatever its level.
- Feel a sense of solidarity, break down the walls, and dispel fears. Can we bond through the vibrations?

"I approach this practice by incorporating various body-mind tools and with an energy that is both playful and serious—always with a smile, in any case. This relaxed atmosphere creates a space of trust that encourages letting go, facilitates engagement, and anchors learning in a lasting way. The aim here is truly to develop both hard-skills and soft-skills. The playful aspect, the body-voice exploration, and the collective nature of the experience make it accessible to all ages and levels." - Noga

Age range : from 8 years old (in homogeneous groups).
Course length : tailored, with a minimum of 90 minutes.
Skill level : all levels / beginners / advanced / professionals.
Number of participants : upwards of 12
The exact number can vary according to skill level , progress expectation, time available and specific circumstances.

Specifics

Each proposal is carefully considered and adapted to fit specific needs.

The workshops focus on specific themes,, for instance:

- professionals (artists, teachers...)
- companies (team building/team being, leadership...)
- musical practice, all levels
- singing in French (non-French speakers)
- singing psalms in hebrew

Biography

As an artist and educator, Noga masters different skills and techniques: singing, theater, body-mind connection, circle song, and improvisation. Completely convinced of its transformative power, she created the sonoga® teaching method, which emphasizes the breathing-body-voice connection. The pedagogy is developed at Catalyse, the voice-focused center she founded in Geneva in 2003 and of which she is president (singing/theatre/improvisation -more than 300 regular students and around 10 teachers). Simultaneously, Noga conducts her workshops that, can be adapted to the specific student skillset, ranging from introductory workshops to master class and professional training.

She is also commissioned by the Department of Public Instruction of the Canton of Geneva, as well as by various schools and groups, including elite sports teams. Noga is also involved with art therapy training and gives lectures on such topics as the value of breathing, the power of the voice, the energy of the group, the importance of anchoring, authenticity, and vibratory frequency.

Noga values both the personal creative process and its collective dimension. She is part of AVIF (Advanced Vocal Impro Forum) and leads its section in the French-speaking part of Switzerland. She is the artistic director of the AVOC LAP vocalimpro festival (Geneva).

More

Circle song is a collective vocal improvisation practice, where participants, often arranged in a circle, create living, spontaneous music using only their voices (vocal improvisation) and their bodies (body percussion). Accessible to all and transmitted orally, this musical form is based on the layering of rhythmic, melodic, and textural patterns, giving rise to an evolving polyphony.

Beyond its artistic dimension, circle song develops a wide range of musical skills: active listening, sense of rhythm, harmony, creativity, and coordination. It also strengthens group cohesion, fosters self-confidence and trust in others, and illustrates an inclusive approach where everyone contributes in their own way.

Rooted in the present moment, this practice fully engages the body and attention. It stimulates memory, enhances focus, and creates a genuine space for presence, while reducing stress through collective energy and the joy of shared singing.



IMPROVIZ
Impro Voice Body Mind