

# SINGING LESSONS

AT THE

## ROOT OF EVERY DREAM

*LIES THE DESIRE TO MORE  
AUTHENTICALLY  
EXPRESS THE SELF*

This is an organic approach aimed at improving the function of the voice. It is based on the principles of vocal pedagogy as taught by Cornelius Reid in New York City.

### For the Beginner

Discovering your voice through learning to sing can open you to the core of your own unique beauty; the beauty that sustains life and becomes a force of creativity. This is also very helpful for public speakers.

### For the Intermediate & Advanced

Improve the function of the voice and everything follows: strength, flexibility, range, quality of tone, ease of projection and freedom of emotional expression.

### Choir Clinic

Geared specifically for choir members: vocal technique, sight-reading, theory, ear training, blending, harmony singing, improvisation.

### Workshop: "The Artist Within"

Geared to create a deeper experience of your true expression in a group environment: movement, vocal exercises, storytelling, group singing, and meditation.

Also Available: Accompanying, Piano, Actor's scene study and monologue coaching, .

### Bio

**Mariah Picot** has spent her life in the arts. She completed a Bachelor of Music in voice, at Queens University, Kingston, Ontario. She then started a professional career in musical theatre, with led roles in many musicals and cabarets in Toronto.

During this time she did extensive theater training with teachers from CAST and the HB Studio in New York City.

Mariah was a guest soloist with the London Symphony in Ontario, and was asked to sing for the Canadian Command Performance at Massey Hall, along with other guests including Jim Carey, Rich Little & Buffy St. Marie.

She did the piano bar circuit in Toronto with her longest running gig of 2.5 years at the Tom Jones Steak House, right in the middle of the theatre district. She has also done music for private events across Canada, and in Los Angeles.

During the mid eighties, she developed chronic fatigue. This was the beginning of a spiritual journey to uncover why someone's immune system would just bottom out in the middle of a thriving career. "The music and a desire for truth, is what always kept me going", she says. She went back to piano study and started writing songs. "This is also the time when I started teaching," says Mariah. "My teacher had suggested it, as she suspected that I had the prerequisite empathetic nature." The vocal process is intricately connected with a person's emotional and psychological makeup. You take a lesson and life shows up

with you. She has been teaching this process for over 15 years. It is based on the work of Cornelius Reid in NYC, who helped bring the process back to the 20<sup>th</sup> century that was lost in Europe during the Renaissance.

In Florida, Mariah has been working in clubs and hotels as a solo artist as well as with her own group, "**The Mariah Picot Trio**" and Quartet since 1998.

She was the musical director at the Unity of Panama City for seven years, for whom she wrote, directed and co-produced two multimedia musical events: "*Mystical Awakening*" in 2001 with Roberta Carothers and "*Lighting the Temple Fires*" in 2002 with Vivian Kevan. In 2002, she received the "Tom Hips Scholarship Award" from the Gulf Jazz Society. She has recently relocated to the Dallas area where she is working in clubs solo and with a trio, as well as acting as the music director for the Unity of Cedar Hills.

"I know that the deeper we come in contact with the purest vibration of our voice, it will pulse with the same resonant frequency as our soul. Then it's really contagious if people are open. The more we are willing to shed the masks of false identities within ourselves, the more we will live in a society of empowered individuals living their truth and making a difference in the world."

*"A couple of lessons with Mariah actually changed my life"*

*D. Spain, Chicago*

"You not only helped me with my voice, but I learned about myself."

J. Peritz, TV Producer, New York City

"Since I've studied with Mariah, I've gotten back the higher range I had when I was young in college and gained low notes I never had before."

Tim Hollis, Musician, Piano Tuner,  
Panama City, Florida

"I feel I've waited my whole life to find a teacher like Mariah who could help me discover the voice I always knew was inside."

Roberta Carother, Owner, Vision Quest  
Gallery, Panama City, Florida

"In singing lessons I am discovering aspects of myself that I never in my most vivid dreams knew were part of me."

Ingrid Ruhrmann, Cranial Therapist,  
Toronto, Ontario

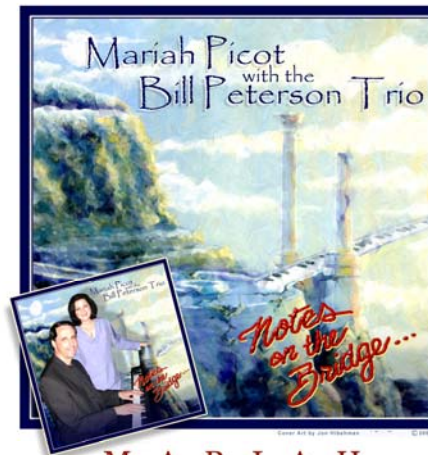


Many people's dreams  
can be so buried they don't know where to look. They  
are often waiting for the sound  
to help them  
remember.

In our noisy world it can be hard to create enough  
silence in order to hear that  
"still small  
voice".

The singing voice can pierce through the veil of  
unconsciousness to help you hear your soul's desire,  
heal wounds,  
or simply open  
more deeply  
to  
yourself.

New CD



M A R I A H  
**P I C O T**  
NOTES ON THE BRIDGE ...

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