

**ZOOM WORKSHOP**

**“OPTIMIZE YOUR VOCAL HEALTH” with Stacie Colombo Steinke**

**MHC Class of '82**

**Wednesday, February 16, 2022, 1PM**



“Every individual has a ‘voice print’ as unique as their fingerprint. Helping students to discover the instrument within them is one of my life’s passions.”

– Stacie Steinke

We are pleased to welcome fellow alumna **Stacie Columbo Steinke**. She will help us to understand how the voice works and guide us to use the body to produce sound in a healthy way. Stacie has provided vocal instruction, performance in musical theater, jazz standards and classical music, and music direction for performance productions for over 25 years.

Stacie graduated from Mount Holyoke in 1982 with a degree in English and earned a Masters in Music in Vocal Pedagogy from Catholic University of America, with a firm foundation in Bel Canto-style singing and performance. She has also received extensive training in Contemporary Commercial Music at the CCM Institute of Vocal Pedagogy at Shenandoah University, with studies in Jazz with Allison Crockett and Marcelle Gauvin.

As a Yoga Alliance Certified 200 HOUR Yoga Instructor, Stacie conducts lessons and workshops that contain guided breath and body experiences to help the student understand how to access the full vocal potential.

Stacie is the Vocal Music Teacher at Shorecrest Preparatory School in Saint Petersburg. Her website is <https://staciesteinkemusic.com>.

**PLEASE NOTE:**

**PARTICIPANTS SHOULD BE PREPARED TO BEND, STRETCH AND MOVE IN SPACE. WEAR COMFORTABLE CLOTHES!**

All Florida MHC alums are invited to join us. The event is free, but please email **mhcswfl@gmail.com** to make a reservation and you will receive a Zoom link one week before the event. You will not be admitted without a reservation. Guests are welcome, but need to register as well. You don't need a Zoom account to participate.

**Sign-up deadline is Tuesday, February 8th.**

**Thank you to Elizabeth Russell '70, Program Chair, and Maria Mandler '74, Social Chair and Zoom host.**