



CREATIVE EUROPE PROGRAMME PROJECT

REACH –
RESOURCES FOR EDUCATORS
ACROSS CHORAL TRADITIONS

SEMINAR NO. 1:

**“Singing Tradition in Motion:
Lithuanian Choral Heritage
and Contemporary Voice
and Body Practice”**

VILNIUS 2026

PRINCIPAL SPONSORS



Co-funded by
the European Union



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SHORT DESCRIPTION FOR THE CREATIVE EUROPE SYSTEM

The seminar “Singing Tradition in Motion: Lithuanian Choral Heritage and Contemporary Voice and Body Practice” is the first methodological-practical seminar in Vilnius of the Creative Europe programme project “REACH – Resources for Educators Across Choral Traditions”, dedicated to a dialogue between Lithuanian choral tradition and contemporary choral education methods.

During the seminar, Lithuanian and international choir leaders, music teachers, and project partners will analyze the development of Lithuanian choral art, traditional principles of children’s and youth choral education, and methods of warm-up, teaching a new piece, and improvisation. In the practical sessions, these topics will be connected with work with a joint youth choir of four Vilnius music schools.

The second seminar direction is dedicated to applying Panda van Proosdij’s “Voice & Physique” and “Choireography” methodology to Lithuanian repertoire. In the teachers’ session, participants will become familiar with the principles of body awareness, healthy posture, energy, concentration, attention, and supporting the voice through movement. In the practical session with the choir, these principles will be applied to specific Lithuanian works by exploring the links between movement, formations, dynamics, text, and stage expression.

The seminar results will contribute to the development of REACH project methodological resources, strengthen international cooperation among choral education specialists, and encourage an innovative approach to children’s and youth choral education.

LITHUANIAN REPERTOIRE PLANNED FOR PRACTICAL WORK WITH THE CHOIR

In the practical sessions, Panda van Proosdij will work with Lithuanian repertoire using her “Voice & Physique” and “Choireography” methodology. The following works are planned for practical work:

- 1. Mikalojus Konstantinas Čiurlionis “Dainų dainelė”
- 2. Jonė Girdzijauskaitė-Pocienė “Trys sutartinės”: “Tu avinėli”, “Lylio lelijo”, “Jišvedžiu oži”.
- 3. Vytautas Miškinis “Gražiausias sodas”
- 4. Lina Kairytė “Turėjo bobutė žilą oželį”
- 5. Nijolė Sinkevičiūtė “Knyga”
- 6. Neringa Čereškevičienė “Mamos suknelė”
- 7. Vytautas Kernagis “Baltas paukštis”

There is also a possibility to include three new arrangements of Lithuanian folk songs being created for the project, if they are ready by the time of the seminar. Panda van Proosdij may also include her selected canons, exercises, and other methodological materials needed to present and practically test the principles of “Voice & Physique” and “Choireography”.

SEMINAR METHODOLOGICAL MATERIALS AND LITERATURE

- During the seminar, the following materials will be used:
- scores and audio recordings of Lithuanian choral repertoire;
 - new arrangements of Lithuanian folk songs being created for the project;
 - works by Rolandas Aidukas, Arvydas Arminas, Regimantas Gudelis, Birutė Zubrickas, and other authors on the history of Lithuanian choirs and the development of choral culture;
 - methodological literature by R. Lampsatyė, V. Noreika, T. Vainauskienė, and other authors related to vocal education and warm-up;
 - a new work by Donatas Zakaras created for the project;
 - Panda van Proosdij’s “Voice & Physique” and “Choireography” methodology;
 - Panda van Proosdij’s methodological materials, including “Waking & Warming Up” and other practical exercises, canons, and tasks selected by her.

GENERAL SEMINAR DESCRIPTION FOR DISSEMINATION

On 29 September – 1 October 2026, Vilniaus Naujosios Vilnios muzikos mokykla will host the Creative Europe programme project “REACH – Resources for Educators Across Choral Traditions” seminar “Singing Tradition in Motion: Lithuanian Choral Heritage and Contemporary Voice and Body Practice”.

During the seminar, choir leaders and music teachers from music and arts schools, general education institutions, choral singing schools, and other choirs in Lithuania, Portugal, and Norway will explore the tradition of the Lithuanian choral school, methods of children’s and youth choral education, and contemporary practices of voice, body, movement, and stage expression.

The morning sessions will be intended for teachers and choir leaders. Lithuanian lecturers will present the development of Lithuanian choral art, the importance of warm-up in developing a choral artist, warm-up as the starting point for teaching a new piece, and the application of free improvisation in a group. The afternoon sessions will be dedicated to practical work with a joint youth choir of four Vilnius music schools.

International lecturer Panda van Proosdij will present her “Voice & Physique” and “Choireography” methodology, in which voice development is connected with body awareness, posture, breathing, energy, concentration, attention, movement, and stage thinking. Her methodology will be applied in work with Lithuanian repertoire, exploring ways in which traditional choral music can be interpreted in a contemporary, lively, and engaging way.

The seminar is organized in a hybrid format – in person and online – with the possibility to follow presentations and practical activities via YouTube.

29 September 2026, Tuesday:

The tradition of the Lithuanian choral school and practical methods of choral education

Time	Activity	Content / description	Participants / format
9.00–9.30	Participant registration. Technical connection check	Registration of in-person participants. YouTube streaming, sound, and video check. Information for participants about the hybrid working format.	In person and online
9.30–10.00	Seminar opening	Presentation of the REACH project and discussion of the aims, structure, and working principles of the Vilnius seminar. Presentation of participating schools and project partners.	All participants
10.00–11.00	Presentation I. Rolandas Aidukas. “The development of Lithuanian choral art from ancient times to the 21st century: changes in traditions and artistic expression”	The presentation introduces the development of Lithuanian choral art from its early origins to the contemporary period. It discusses the early roots of choral culture, Lithuanian choral art in the 19th and early 20th centuries, the influence of the National Revival on choral culture, choral art during the period of independence, choral activity during the Soviet period, and the development of choral art after 1990. The presentation helps establish a historical and cultural context for further work with Lithuanian repertoire.	Teachers, choir leaders, project partners. In person and via YouTube
11.00–11.15	Break		
11.15–12.15	Presentation II. Violeta Savickaitė-Paciūnienė. “The importance of warm-up in developing a choral artist”	The presentation discusses warm-up as an essential part of developing a choral artist. Attention is given to preparing the body for singing, stance, posture, breathing, vowel formation, range development through interval singing, and separate practice of more complex passages in the repertoire. The presentation combines theoretical discussion with practical examples.	Teachers, choir leaders, project partners. In person and via YouTube
12.15–12.45	Discussion	Questions for the lecturers. Discussion of how historical tradition and warm-up practice are reflected in today’s children’s and youth choral education.	All participants
12.45–13.45	Lunch break		
13.45–14.15	Introduction to the joint youth choir and Lithuanian repertoire	The concept of the seminar’s practical sessions is introduced: work with a joint youth choir of four Vilnius music schools. The Lithuanian repertoire selected by the choir leaders and its artistic and methodological potential are discussed.	Teachers, choir leaders, project partners, joint choir
14.15–16.15	Practical session with the joint youth choir I. Starting to teach Lithuanian repertoire by applying “Voice & Physique” principles. Led by Panda van Proosdij	Panda van Proosdij begins practical work with the joint youth choir of four Vilnius music schools. The selected Lithuanian works are approached through the principles of the “Voice & Physique” methodology: body awareness, posture, breathing, energy, concentration, movement, and supporting the voice through the body. The session is connected with the morning topics on Lithuanian choral tradition, warm-up, and repertoire teaching.	Joint choir of four Vilnius music schools, choir leaders, observing teachers. In person and via YouTube
16.15–16.30	Break		
16.30–17.00	Daily reflection	Reflection by teachers and choir leaders. Discussion of which methods were effective, what repertoire challenges emerged, and which directions are important for the next practical sessions.	Teachers, choir leaders, project partners

30 September 2026, Wednesday:

From warm-up to teaching a new piece and creative improvisation

Time	Activity	Content / description	Participants / format
9.00–9.15	Morning meeting	Presentation of the day’s theme and working aims.	All participants
9.15–10.15	Presentation III. Audronė Steponavičiūtė–Zupkauskienė. “Warm-up as the beginning of teaching a new piece”	The presentation presents warm-up not only as “warming up” the voice, but also as a purposeful beginning of the process of teaching a piece. It discusses how more complex details of an upcoming piece can be introduced during warm-up, thereby facilitating the initial learning stage and accelerating the learning process. Initial warm-up exercises, targeted exercises for a specific piece being learned, and principles for beginning to teach a piece will be presented. The practical part is planned to use Donatas Zakaras’ new work created for the project , “Oi, eisim namo, namytužio”.	Teachers, choir leaders, project partners. In person and via YouTube
10.15–10.30	Break		
10.30–11.30	Presentation IV. Greta Šimkutė. “Free improvisation as a musical genre and a group method”	In the presentation and practical session, free improvisation is introduced as a musical genre and as a creative working method “here and now”. Attention is given to spontaneous collaborative creation, developing imagination, reaction and communication skills, expanding vocal techniques, and experiencing experimental musical sound. Participants will be invited to take part in interactive tasks that emphasize that there are no mistakes in the creative process.	Teachers, choir leaders, project partners. In person and via YouTube
11.30–12.00	Discussion	Discussion of how warm-up, teaching a new piece, and improvisation can complement one another in contemporary choral education.	All participants
12.00–13.00	Lunch break		
13.00–14.00	Panda van Proosdij methodological session for teachers. Preparation for practical work with the choir	Panda van Proosdij works with teachers and choir leaders, presenting how the principles of the “Voice & Physique” and “Choireography” methodology can be applied to specific Lithuanian repertoire. The session discusses how body awareness, posture, breathing, energy, concentration, movement, and stage formations can support the teaching of a new piece, strengthen the choir’s ensemble quality, text expression, and musical interpretation. This session prepares teachers to observe and analyse the afternoon practical work with the joint youth choir.	Teachers, choir leaders, project partners. In person and via YouTube
14.00–16.00	Practical session with the joint youth choir II. Creative methods applying the principles of “Voice & Physique” and “Choireography”. Led by Panda van Proosdij.	Practical work with Lithuanian repertoire, incorporating targeted warm-up exercises, principles for teaching a new piece, and improvisational tasks. Attention is given not only to the technical learning of a piece, but also to active student engagement, listening, reaction, creativity, and ensemble collaboration.	Joint choir of four Vilnius music schools, choir leaders, observing teachers. In person and via YouTube
16.00–16.15	Break		
16.15–17.00	Daily reflection	Discussion of how targeted warm-up and creative methods supported repertoire teaching. Insights for the REACH project methodological materials are recorded.	Teachers, choir leaders, project partners

1 October 2026, Thursday:

Applying the “Voice & Physique” and “Choireography” methodologies to Lithuanian repertoire

Time	Activity	Content / description	Participants / format
10.00–10.15	Introduction to the day	The day’s structure, main practical work aims, and the connection between the morning methodological session, the afternoon rehearsal in the concert space, and the final seminar concert are introduced.	All participants
10.15–13.15	Panda van Proosdij seminar for teachers. “Voice & Physique: body awareness, voice, energy, concentration and attention”	The session further explores the main principles of the “Voice & Physique” methodology: body awareness, healthy posture, balance between tension and relaxation, breathing, energy, concentration, and attention. It discusses how the body can support the voice, how movement can support singing, and how a teacher’s or conductor’s body language affects the choir. Practical exercises are planned to support teachers’ personal experience and methodological preparation for observing, analyzing, and applying this methodology in practical work with a choir.	Teachers, choir leaders, project partners. In person and via YouTube
13.15–14.15	Lunch break		
14.15–14.55	Transfer to the final concert venue	Participants, teachers, choir leaders, and the joint youth choir move to the final concert venue. The exact concert venue is to be confirmed.	Joint choir, teachers, choir leaders, project partners
15.00–17.00	Panda van Proosdij practical rehearsal with the joint youth choir. “From “Voice & Physique” to “Choireography”: Lithuanian repertoire in motion”	A practical rehearsal with the joint youth choir of four Vilnius music schools, applying the principles of the “Voice & Physique” and “Choireography” methodology to Lithuanian repertoire. Attention is given to the connection between body and voice, posture, breathing, energy, concentration, movement, formations, transitions, and the stage vision of a piece. In practice, the session explores how movement can support phrasing, dynamics, textual meaning, musical flow, and stage expression.	Joint choir of four Vilnius music schools, Panda van Proosdij, choir leaders, observing teachers. In person and via YouTube, if the technical possibilities at the concert venue allow
17.00–17.55	Break / preparation for the concert	Time for a short rest, technical preparation, and organizational matters related to the concert.	Joint choir, teachers, organizers
18.00–19:15	Final seminar concert	The final concert will present the Lithuanian choral repertoire explored during the seminar and the results of practical work with the joint youth choir. The concert will present a living dialogue between the seminar’s methodological ideas, Lithuanian choral tradition, and contemporary voice, body, and movement practices. Concert venue: Vilnius Naujoji Vilnia Culture Centre.	Joint choir of four Vilnius music schools, seminar participants, project partners, guests
19.15–19.45	Short teacher reflection with Panda van Proosdij	A short reflection after the practical rehearsal. Discussion of how the principles of the “Voice & Physique” and “Choireography” methodology were revealed in work with Lithuanian repertoire, and which insights are important for the further preparation of REACH project methodological materials.	Teachers, choir leaders, project partners