

THROAT SINGING WORKSHOP: FROM SARDINIA TO TUVA

WITH GIOVANNI BORTOLUZZI



Throat singing is a type of overtone singing that comes mainly from the Tuvan culture of Khöömei, and also from the Sardinian culture of Canto a Tenore.

In this workshop, Giovanni will guide you in a journey that will give you access to your throat singing voice, by unlocking the potential of your vestibular folds, which are used simultaneously with the true vocal folds, in a very safe and euphonic way.

Through specific exercises, you will learn the basics of Kargyraa, Khöömei and Sygyt styles of Tuvan throat singing, and also their sub-styles like Borbannadyr and Ezengileer. Thus, Giovanni will teach you the basics of Sardinian throat singing (Canto a Tenore) focusing on the throat singing styles of Bassu and Contra, which are sung in choir settings.

BIOGRAPHY

Giovanni B. Bortoluzzi was born in Italy in 1987.

He began his musical journey in 2006, by learning to play drums, bass and guitar with local blues bands. Shortly after, he started being attracted by the sound of the harmonic overtones. Since 2013 he's been studying and researching in the field of overtone singing, with particular dedication to the Tuvan styles and melodies. In 2015 he created the Method4L, a didactical tool designed for improving the control of the overtones in the human voice. In 2017 he moved in Sardinia to learn the tradition of Cantu a Tenore, also known as Sardinian Throat Singing: during these years, he joined a research team that analyzed the movements inside of his larynx, using laryngostroboscopy and real-time MRI. This research focused first on the role of vestibular folds during throat singing, then it focused on western overtone singing techniques, with a special analysis on the tuvan style "Ezengileer" . That study has been presented in Krakow in 2019, and then published in 2020 on TheJournalOfVoice.

In 2023 he got the award "*for mastering the kargyraa technique*" during the 8th International Ethnomusicological Symposium "Khoomei, a cultural phenomenon of the peoples of central Asia" .

In 2024, he published his first book "*Cantare gli armonici: il Metodo 4L*" .

Nowadays, he's a very popular overtone singing performer, especially for the tuvan style "Kargyraa" , and also one of the most requested teachers.