

Warm Ups: Physical

Complete all of these exercises at the beginning of each practice time PRIOR to singing any vocal warm ups or practicing music

Step 1: Relaxation, Alignment and Body Awareness

Exercise #1- Shoulder Releasing

- Imagine that a magic thread attached to the upper tip of the shoulder is lifting your right shoulder
- Let it go up as high as it will go, while letting your arm hang loosely, like a dead-weight, close to your body.
- Suddenly release and let the shoulder drop
- Repeat four times
- Repeat with your left shoulder
- Do both shoulders simultaneously, release and drop, six times.

Exercise #2- Head Alignment and Neck Releasing

- Focus on this thought: your head is lightly balanced, like a large balloon on top of the spinal column
- Let your head slowly tip backward until it passes the center of balance and then let it drop back as far as it will go.
- Let your lower jaw drop open to facilitate a feeling of completely “letting go”.
- Bring your head slowly forward until it again passes the center of balance and then let it drop forward as far as it will go.
- Let the head float back up to a position where the head (still like a large balloon) feels perfectly balanced on top of the spine. The crown of your head should be the high point.

Exercise #3- Torso Releasing and Alignment

- Put your arms over your head and stretch upward.
- While lowering your arms to your sides, hum in a descending sigh. Let the rib cage remain buoyant and the sternum comfortably high.
- Repeat the stretch, and this time let the hum open into an “ah” as the arms lower.
- Allow the ears to align over the shoulders. The back of the neck is long, the front of the neck is short and relaxed.

****This is a good way to find the right balanced posture for singing.**

Step #2: Relaxation of the Vocal Tract: The Jaw, Tongue and Lips

Exercise #1- Vocal Mechanism Releasing

- Massage your shoulders and neck
- Find the muscular attachment between jawbone and skull (slightly in front of the ears) and massage with fingertips in a circular motion.
- Gently take hold of your larynx with thumb and index finger. Move it gently from side to side while keeping a sensation of the breath slowly coming in through an open, free throat.

Exercise #2- Lip Buzz

- Buzz your lips on a vocal slide, first ascending, then descending.

Exercise #3- Tongue Stretch

- Stick your tongue out, toward your chin, as far as it will reach.
- Feel the stretch from the root of your tongue.
- Stick your tongue out, up toward your nose, as far as it will reach.
- You may place a hand in front of your mouth to cover it, if it makes you feel more comfortable.

Step 3: Creating Spaciousness

Exercise #1- Finding the “Cave”

- Feel for the fleshy cartilage at the front of their ear hole. Have them place a finger just forward of that point.
- Once you have located that point, slowly drop your jaw until you feel an indentation or a “cave”.
- Create a small cave rather than a large one. A larger cave indicates a hyperextension of the jaw.

Exercise #2- The Downward Sigh

- Always sigh downward on “oo”.
- Create space through the use of “the cave”.
- Make certain the soft palette remains slightly raised throughout the sigh.
- The vocal sound should remain high and forward as the sound descends in pitch.