

Kinesthesia is a mind/body interaction of the central nervous system that can facilitate specific functions of muscles, ligaments, and tendons.

For the singer, the resulting kinesthetic experience is one of specific physical responses motivated by informed and mindful intentions that together facilitate refined singing. Unlike elusive imagery, kinesthetic awareness provides tangible feedback to the singer. The methods and goals of pedagogies for science and for singing differ, but the object of study for both is vocal function.

However, whereas science focuses on cognitive understanding of vocal function, applied voice study focuses on the kinesthetic experience of skilled singing. The rationale for a fact-based kinesthetic pedagogy will be presented. This applied pedagogy seeks clarity and efficiency through cultivated simplicity of terminology and mindful focus on the physiological essentials of good posture, breathing, resonance, and/or articulation.