

The background of the top half of the slide features a repeating pattern of light gray musical notes, including eighth notes, quarter notes, and a sharp symbol (#), scattered across a white background.

**VOCAL PRODUCTION  
&  
PERFORMANCE NOW!**

***“I think an empty theatre is exciting!”***

# The Faces of Vocal Production

- **In Person - On the Risers - Pre Pandemic**
- **On Zoom - Singing to Recordings - Mid Pandemic**
- **On Zoom - In Person - Outside - Socially Distanced**
- **Singing Solo, Alone, Independently, Individually**
  
- **What is the Same?**
- **What is Different?**

# Vocal Production

- **Respiratory System**
  - Lungs, Ribcage, Chest Muscles, Diaphragm, Windpipe
- **Breath Support**
  - Inhale/Breath, Airflow moving up windpipe through vocal folds
- **Phonation**
  - Larynx, Voice Box, Vocal Cords
- **Resonance**
  - Vocal Tract, Throat, Nasal Passages, Sinuses, and Mouth

## Vocal Production (Continued)

- **Vocal Longevity**
  - Warm Ups – Scales Slowly, Lip Trills, Sirens and Kazoos, Humming to cool down
- **Stay Hydrated**
  - Avoid foods that contribute to acid reflux, coffee, spicy foods, citrus
- **Rest!**
  - Before major performances, sleep
- **Natural Herbs vs Over the Counter Remedies for Throat Ailments**
  - Teas, Herbs, Lemon, Organic Honey, Himalayan Salt, Apple Cider Vinegar, Licorice Root, Cayenne Pepper
- **Avoid Throat Clearing & Heavy Coughing**
  - Gentle, breathy, productive cough
- **Consistent Prevention**
  - Eliminates opportunities for vocal strain, vocal overuse, throat infection, or voice box distress

## Think of Yourself as a Singer

- **Strengthen Your Vocal Folds**
- **Stretch, Relax, Properly Balance the entire body**
- **Facilitate Breathing From the Diaphragm**
- **Tongue and Lip Exercises contribute to Vocal Fold Strength & Overall Capacity & Control**

## Sing Because You Love It

- **If Singing comes from a genuine place of joy and feeling, then you will not only do it better, but you will do it for longer. Effectively communicate the feelings and meaning to our audiences.**
- **Hours of practice and discipline. Tone, pitch, tange, pace.....**
- **Those who truly love singing for its own sake have a much greater chance of enduring these challenging days, weeks and months.**

**THERE IS NO SUBSTITUTE FOR  
PASSION!!!!!!**