



Building Your vocal skills

- Posture
- Breath management
- Phonation
- Resonance
- Articulation

Checkpoints for vocal freedom!

- Posture - erect , good alignment
- Jaw -dropped, loose
- Tongue- flexible, out of the way!
- Neck- loose, like a babyneck
- Pelvicarea- loose
- Knees- flexed
- Feet - parallell

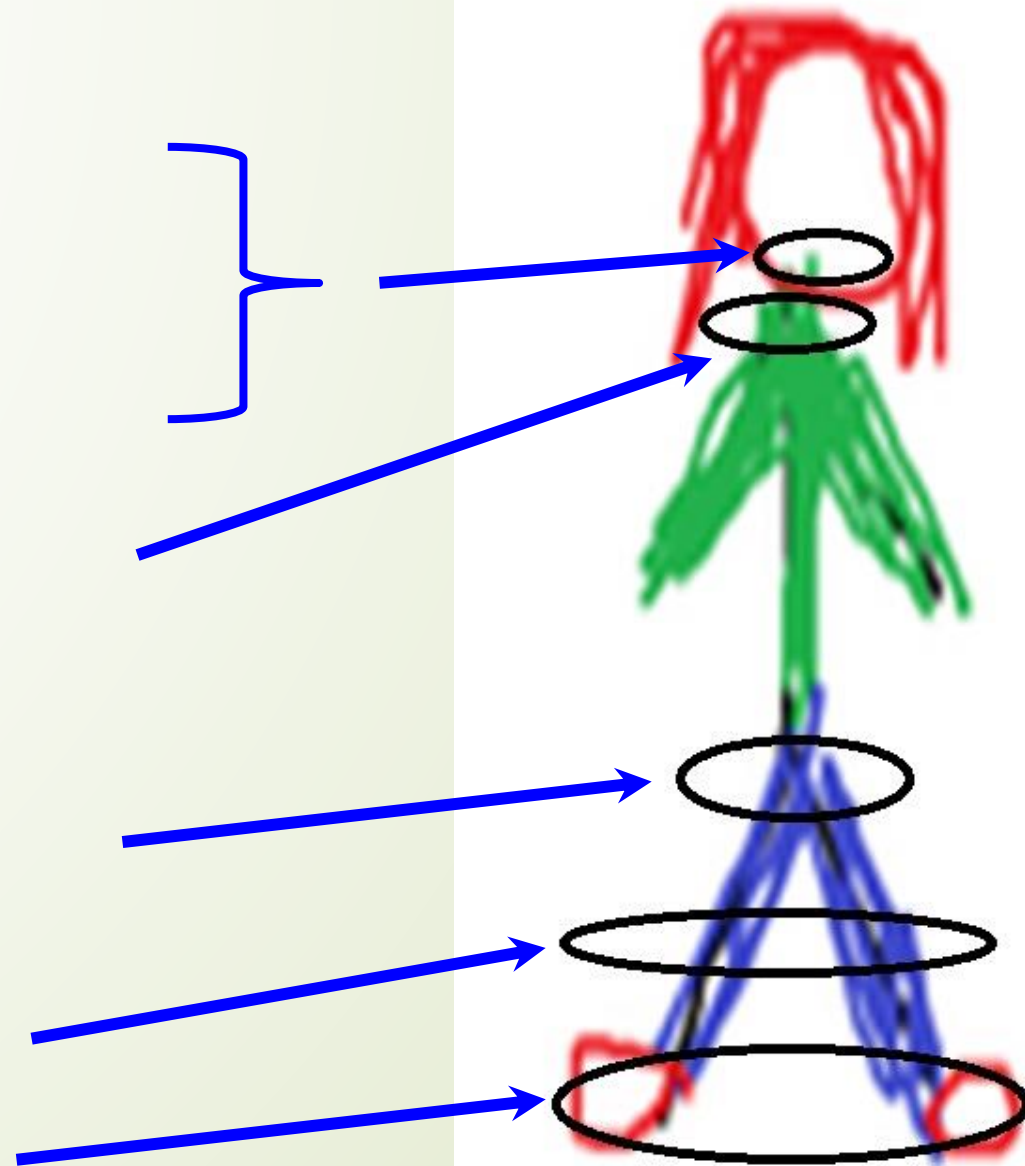
- Jaw dropped, loose
- Tongue, flexible , loose

- Neck, like a baby neck

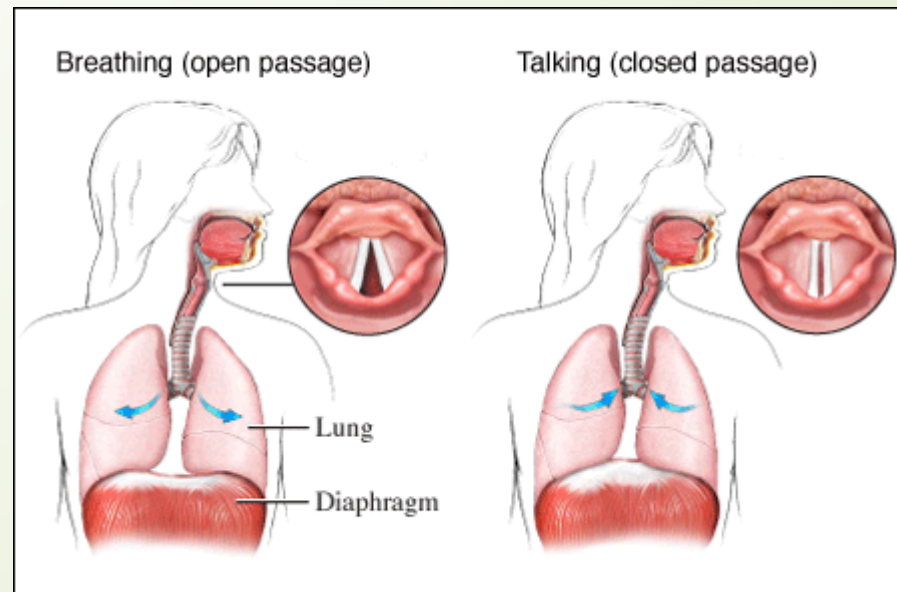
- Pelvis area, loose

- Knees, flexed

- Feet, parallel

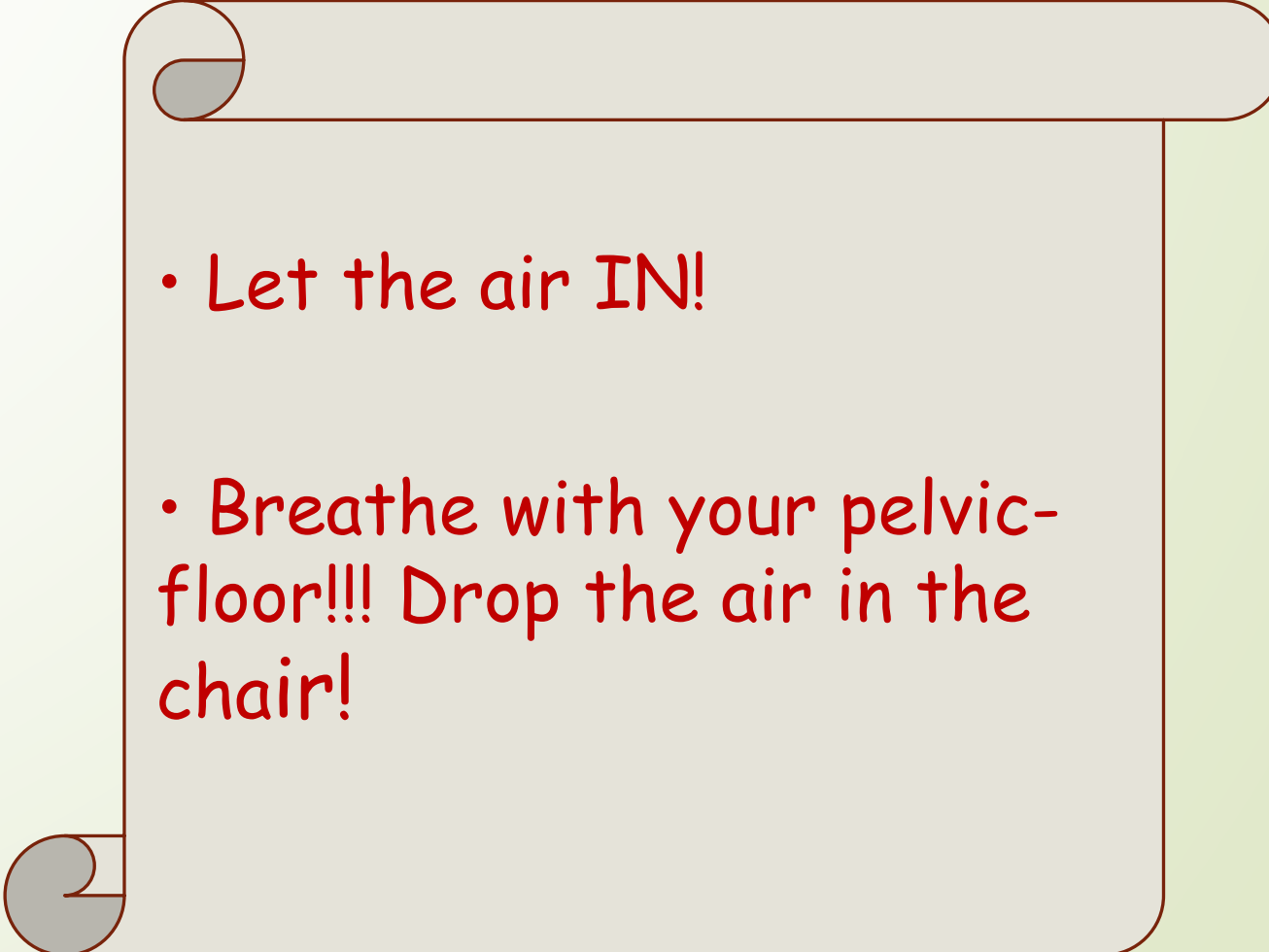


Phonation



A decorative graphic on the left side of the slide. It features a thick, dark red arrow pointing to the right, positioned above several thin, curved lines that resemble blades of grass or reeds, extending downwards from the arrow's tip.

Breath management

- 
- A decorative scroll graphic with a light beige background and a dark red border. The scroll is unrolled at the top and bottom, with the unrolled portion containing two bullet points in red text.
- Let the air IN!
 - Breathe with your pelvic-floor!!! Drop the air in the chair!

Resonance

• Timbre - height -
operatic

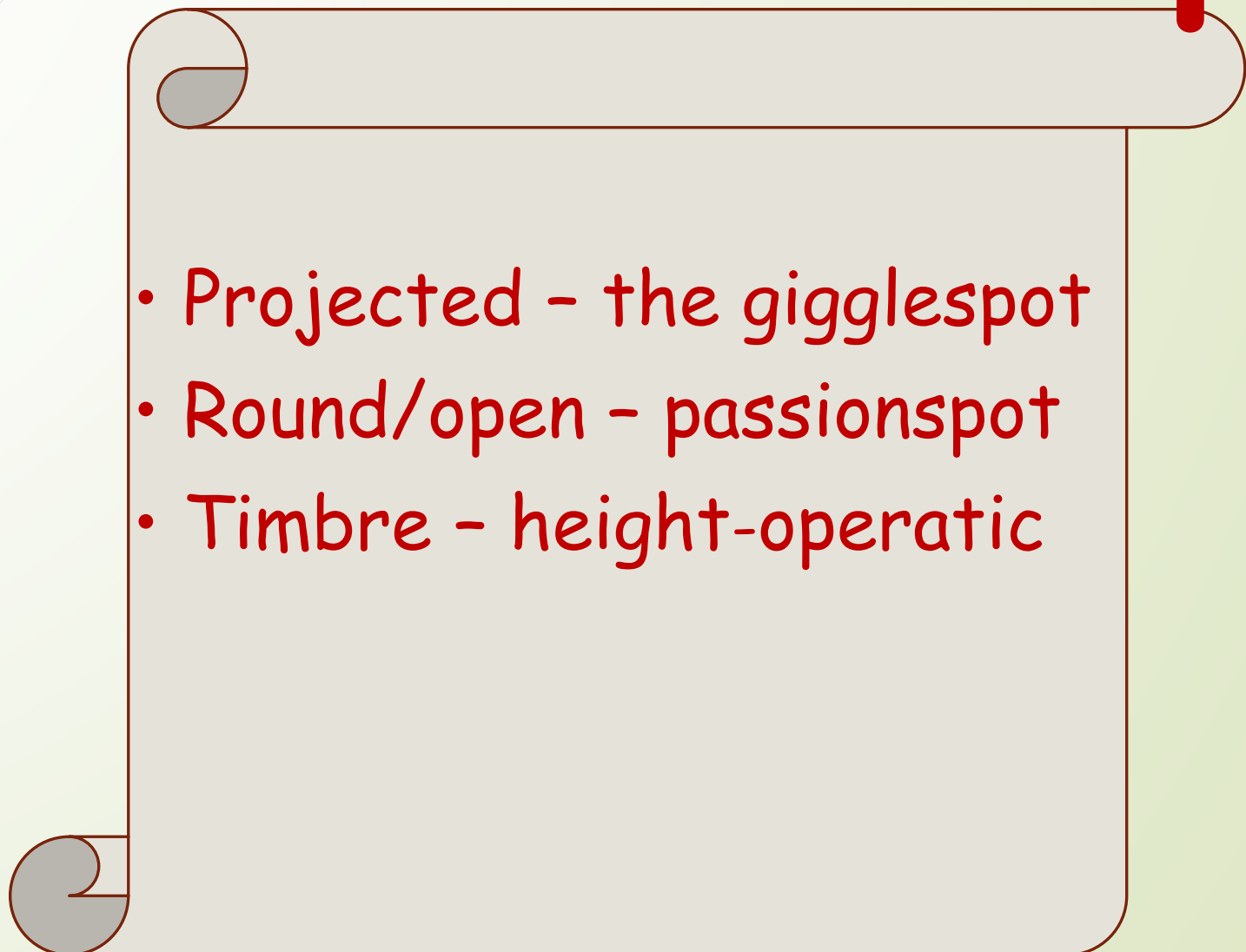
• Projected - the
gigglespot

• Round/open -
passionspot





3 dimensional concept

- 
- Projected - the gigglespot
 - Round/open - passionspot
 - Timbre - height-operatic

Articulation



Articulation

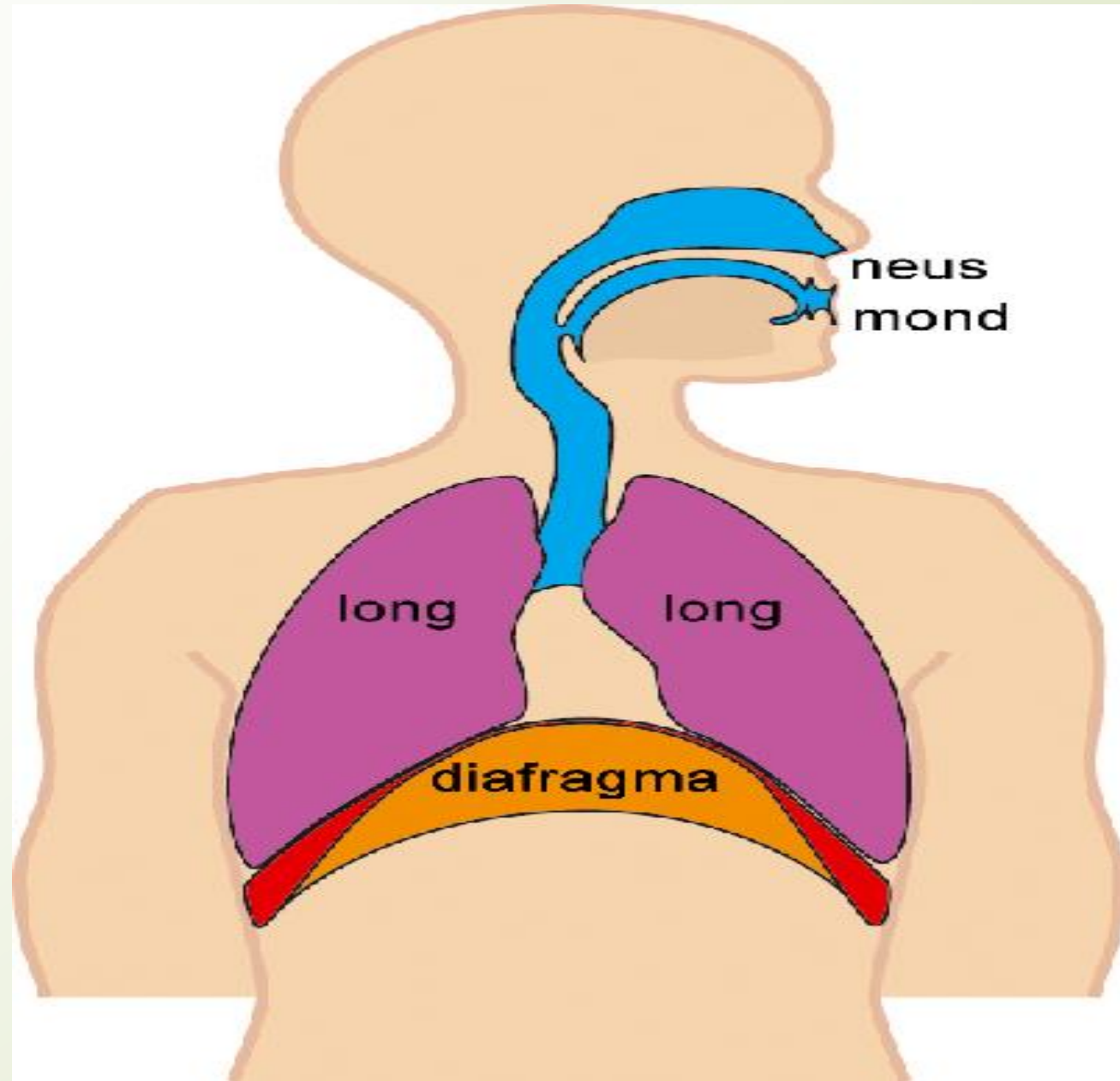
Let your tongue be your friend !



- Stretch out the tongue, forward and to the sides
- Flip your tongue
- Play with it, like a wiper
- Sing with a flipping tongue
- Put the straw on the tongue and SING!
- Hold the tongue with a Kleenex and SING!
- Roll your Rs!!! Trembling tongue

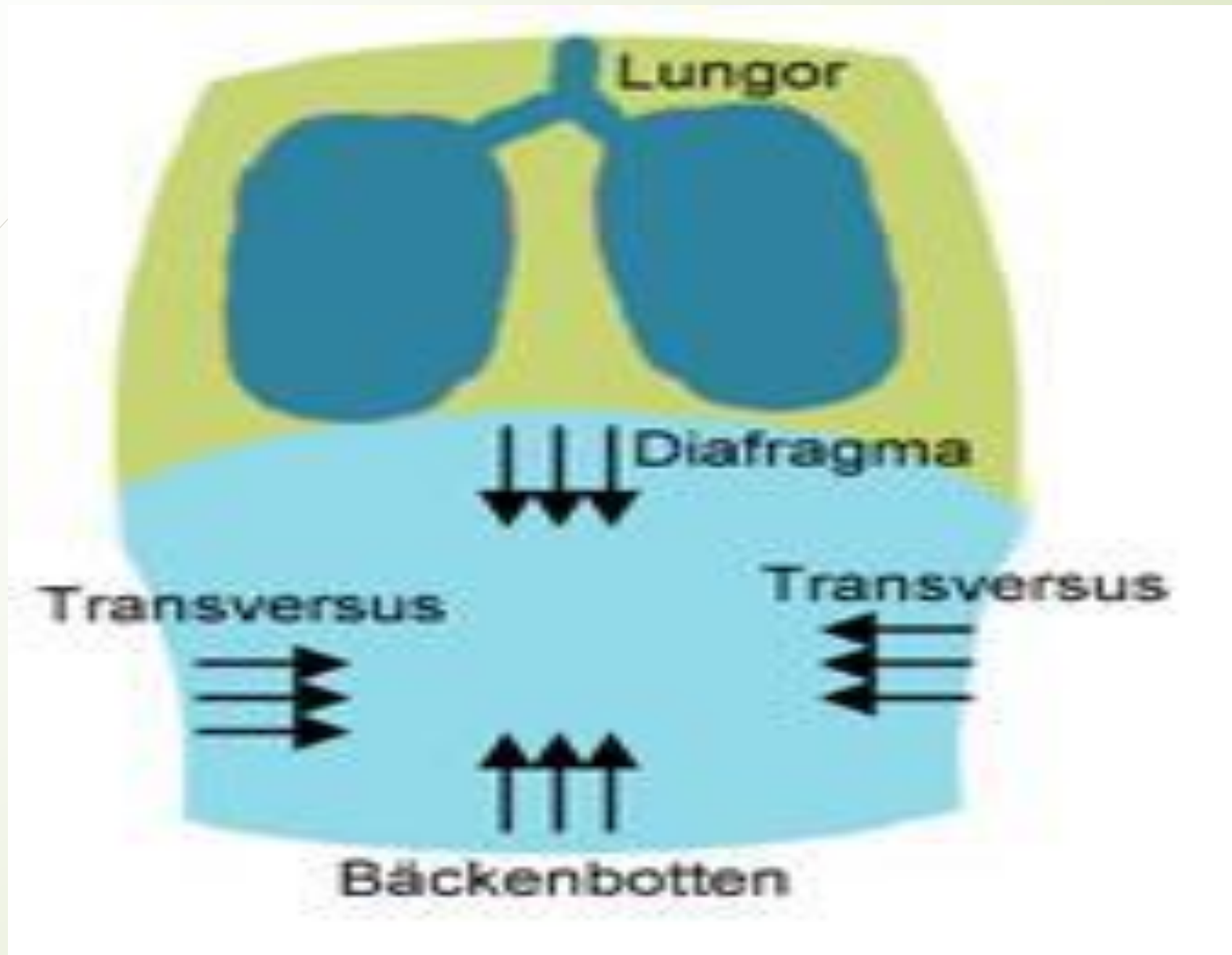


"Whether you say you can
or you can't you are
RIGHT!"

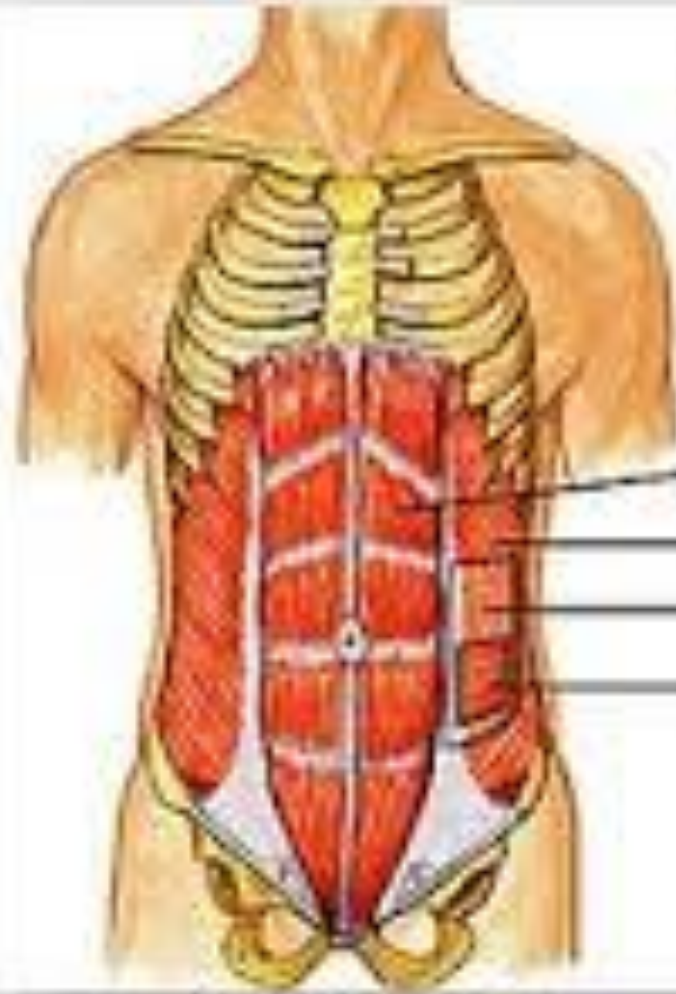




Diafragma-muskeln



Abdominal Wall Muscles

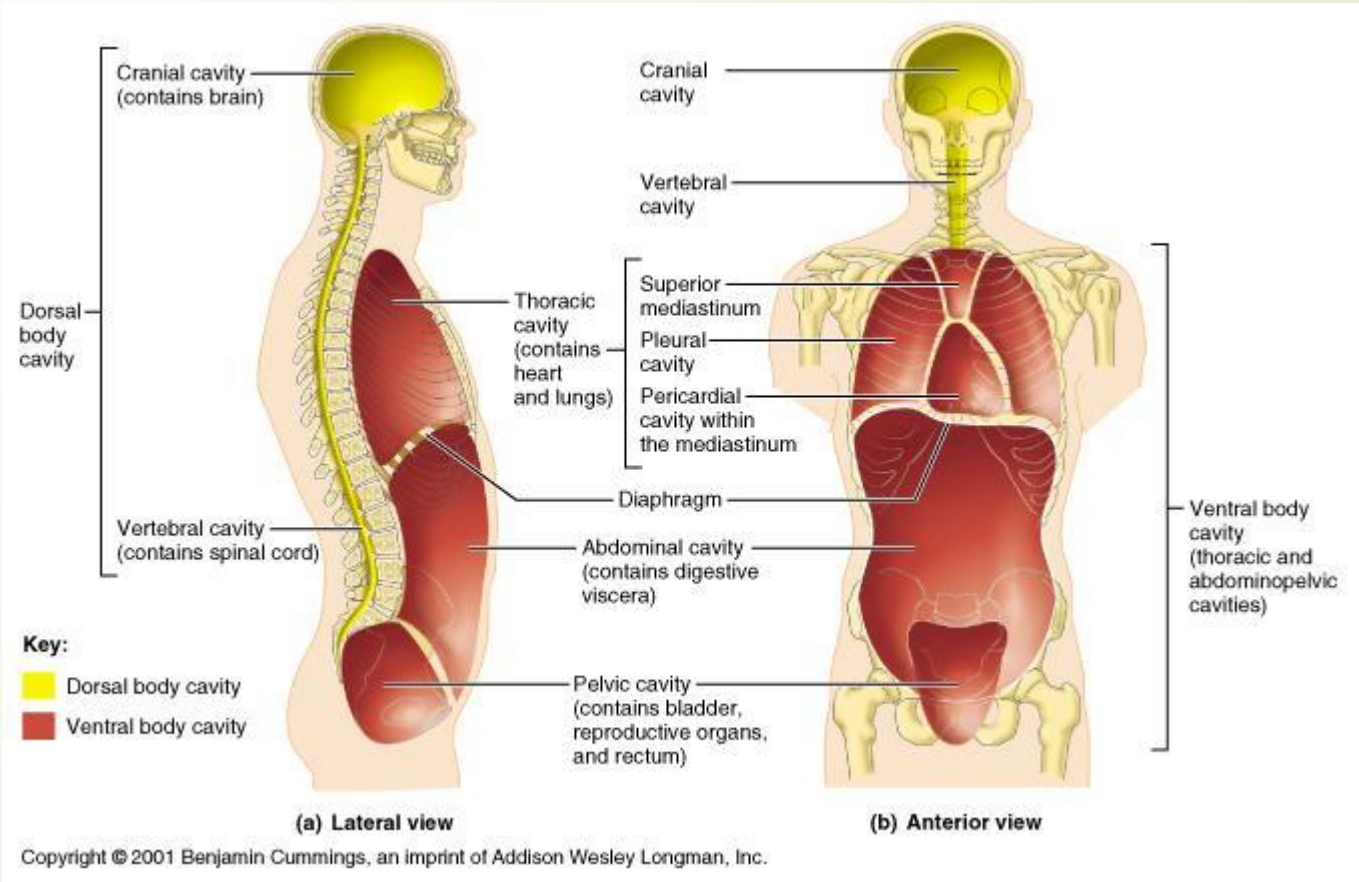


Rectus abdominis

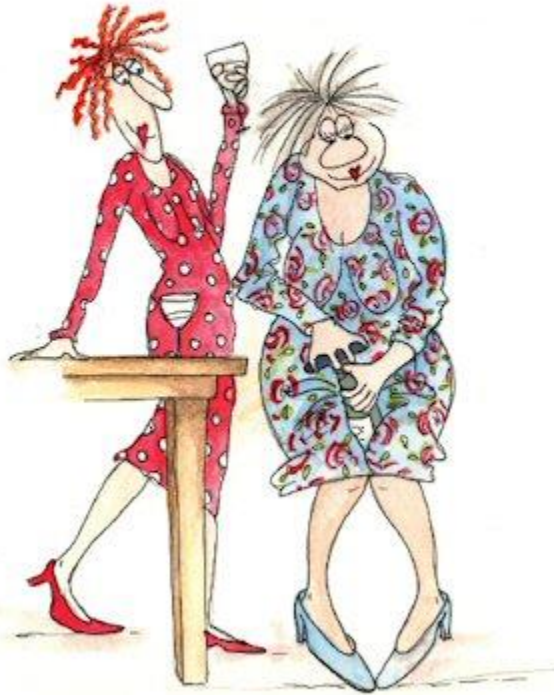
External oblique

Internal oblique

Transversus abdominis



It's important to exercise
your pelvic floor regularly!

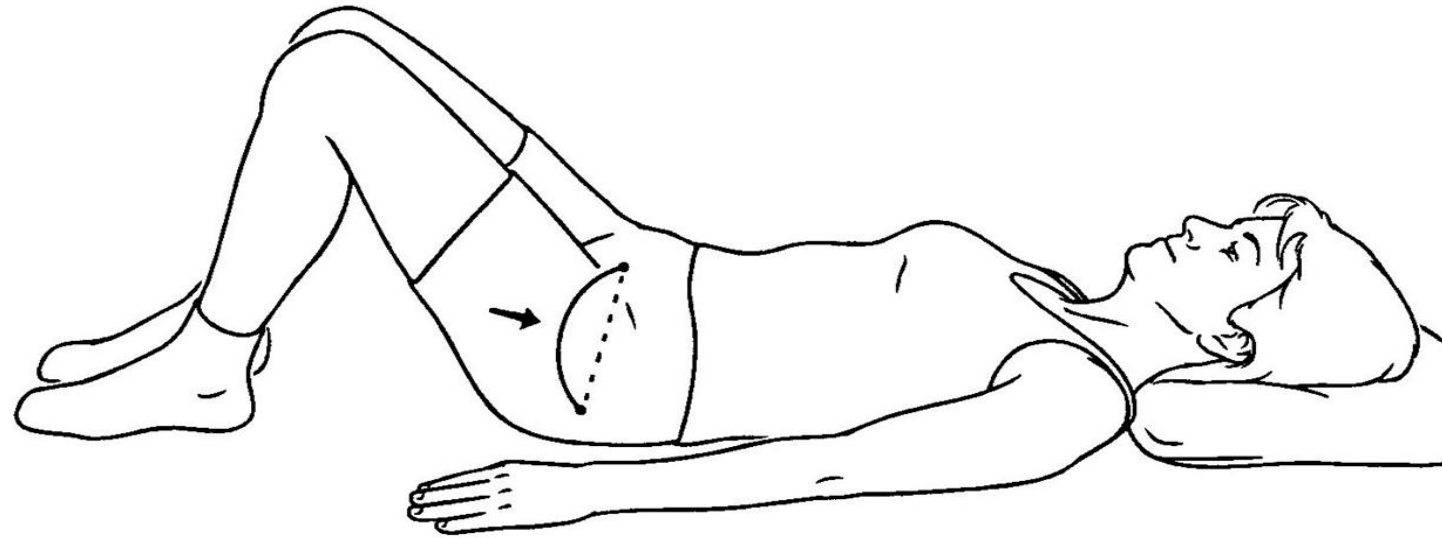


Sometimes I laugh so hard that the
tears run down my
leg.



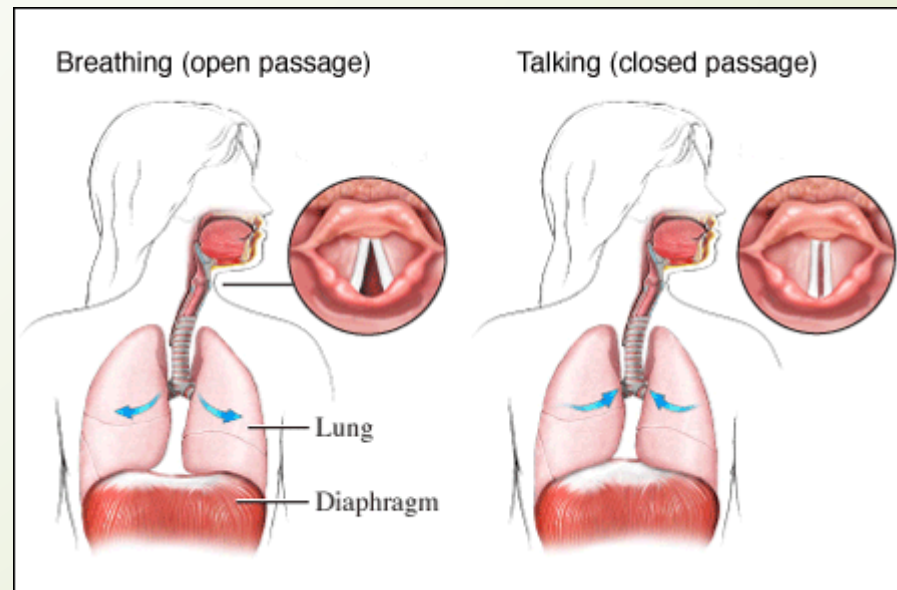
your  cards
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PELVIC FLOOR ISOLATION - 17 Slow Contraction: Gravity Eliminated (Hook-Lying)



Lie with hips and knees bent. Slowly squeeze pelvic floor for 3 seconds. Rest for 6 seconds. Repeat 10 times. Do 2 times a day.

Phonation



Strawphonation





How to practice with the straw !

Recovering from fatigue or illness

- Bubble with the straw in a bottle filled with an inch water. Totally relaxed cheeks, good alignment important!
- Lips soft around the straw.
- Several times a day and only a couple of minutes (2 min).
- Make sure you support the sound and there is no tension in around the larynx.

Building & relaxing exercise

- Soft lips around the straw.
- Perfect posture, straight neck.
- Make a soft buzzing sound with a note in a comfortable range for 2 minutes.
- Put an accent on the sound .
- Glide careful around up and down.
- Sing softly a song with limited range use a lot of support.

A decorative graphic on the left side of the slide. It features a thick, dark red arrow pointing to the right at the top. Below the arrow, several thin, curved lines in shades of grey and white sweep downwards and to the right, creating a sense of movement and framing the main title.

Phonation

- ❑ Chestvoice/natural speaking voice
- ❑ Headvoice / operatic
- ❑ Mixed voice/belting/musicalvoice

Resonance

• Timbre - height -
operatic

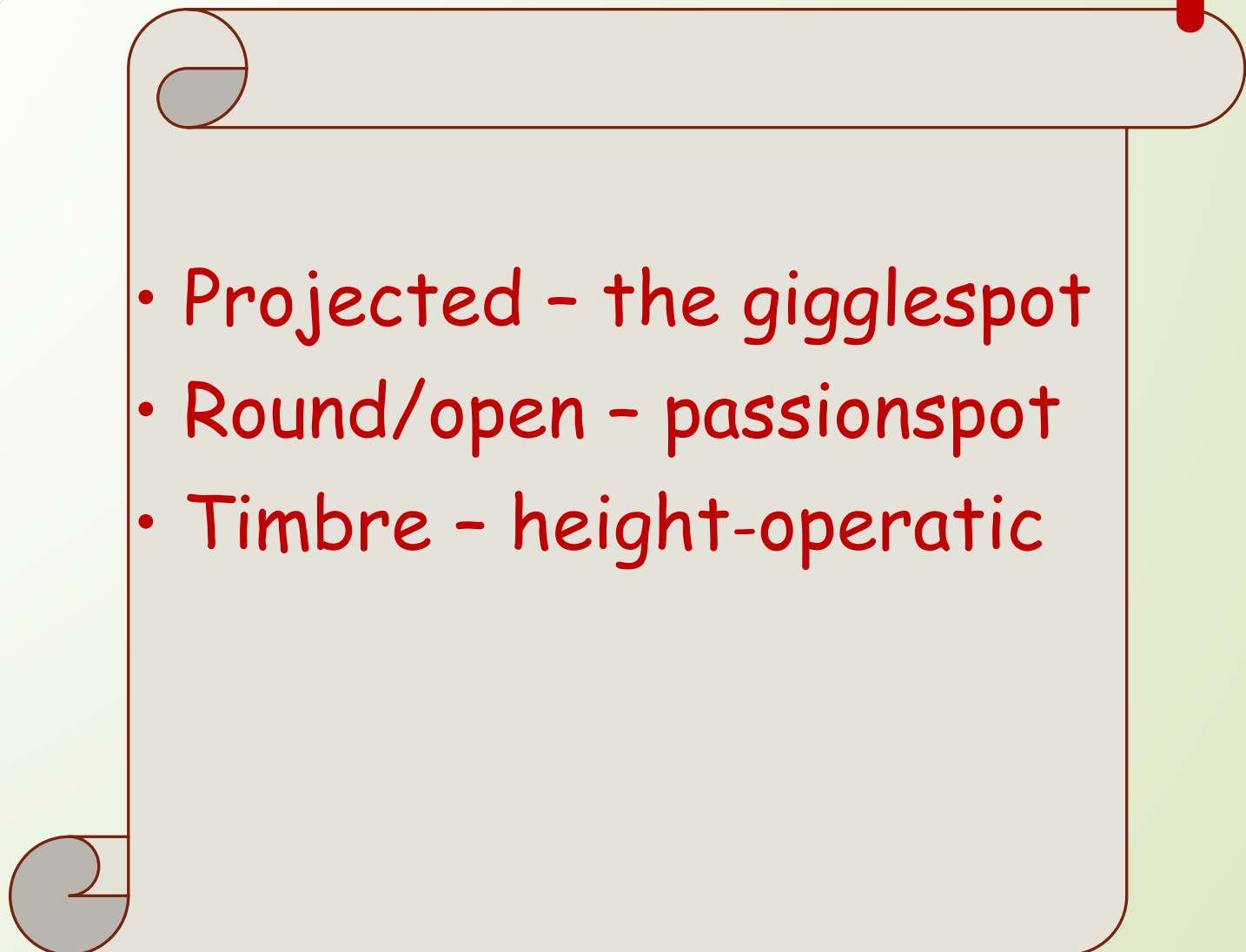
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