



The Exercises

Instructor: Steve Glazer

Section 1: The Foundation

Lesson 1.1: It's All About the Breath

In this lesson you are going to work on a few simple breathing exercises that are designed to strengthen your diaphragm and add power to your voice.

What you're learning here is the foundation of my entire method.

It may not seem very exciting, but if you practice these exercises consistently for just 15 minutes a day you'll notice a huge improvement in your ability to project, your vocal control and your stamina, very quickly.

Don't skip these exercises!

Lesson 1.1 Exercise Instructions:

1. Breathe into "your stomach" with loose abs.
2. Immediately after inhale, tighten lower abs and pause for 5 seconds... don't tighten like crazy though!
3. Exhale with abs relaxed...
4. Repeat

Remember:

- Breathe *down* (think about breathing into your knees, "drop the elevator")
- You should feel ZERO movement in your chest when you inhale
- Don't hold your breath (think "H")
- Use a mirror

Lesson 1.2: Breath Control (Part 1)

Lesson 1.2 Exercise Instructions:

1. Lie on your back with your knees bent and both arms at your sides while having a hardcover book on your belly. (Like an old-fashioned sit-up)
2. Breathe "into your stomach" quickly and loosely, lifting the book up.
3. Pause for 5 seconds while tightening your lower abs, holding the book up.
4. Exhale fairly quickly by relaxing - let your belly and the book fall.
5. Repeat.

Remember:

- Don't hold your breath (think "H")
- Make sure you aren't making any vocal noises when you breathe (like gasping sounds)
- Don't "suck the straw". Keep your jaw relaxed and dropped.
- Try to imagine throwing the book into the air with the movement from your stomach.
- Breathe with *intent!* (As if you're about to say something important!)

Lesson 1.3: Breath Control (Part 2)

Lesson 1.3 Exercise Instructions:

1. Breathe into your "stomach," as usual.
2. Tighten your lower abs.
3. Make "sssss" (snake) sound for as long as you can, keeping the support (lower abs) consistently tight the entire time and keeping the air flow consistent.
4. 25 to 30 seconds of "sssss" sound is a good goal.

5. Repeat this for 5 - 10 minutes

Remember:

- Don't force the air out! The point of this exercise is to learn how to control the flow of air coming out of you. Always remember the balloon concept.
- This is exactly what you'll be doing every time you sing.
- Watch out for tension, the only place you should feel it is in your lower abdominal area.

Lesson 1.4: Breath Control (Part 3)

This exercise expands on what you learned in lesson 1.3. It's designed to teach you how to exhale before you take your next breath while you're singing.

It allows you to get into the "rhythm" of correct breathing, so it becomes second nature when you start vocalizing.

Lesson 1.4 Exercise Instructions:

1. Inhale, support, make "ssss" sound for 5 seconds, exhale... repeat!
2. Same as above but count to a different number with each exhalation. (This is just like breathing while you sing, because each vocal line in a song varies in length.)
3. Listen to some of your favorite songs and pay close attention to when the singer breathes. You'll notice that there are a lot of little breaths that you may have never heard before. TIP: Search for **“(Your favorite singer or band) Vocals Only”** on YouTube. You'll find many solo vocal tracks and you can hear all the breathing details!

Lesson 1.5: Warming Up Your Voice

In this lesson I'm going to introduce you to a couple of *great* vocal exercises that will help you warm up your voice before you sing.

Lesson 1.5 Exercise Instructions:

1. Lip Rolls (5 minutes): Make a resonant lip roll sound in your chest and falsetto voice.
2. Tongue Trills (5 minutes): Make a resonant tongue trill sound in your chest and falsetto voice.
3. Same as above with "sirens" (5 minutes)

Remember:

- It's incredibly important to warm up your voice before you start vocalizing. It's just like stretching before you exercise.
- Don't "push" the air out.
- Try to sound as "buzzy" as possible. (If your nose itches, that's a sign that you're doing it right.)
- Make sure you don't feel any muscle tension in your neck.

Lesson 1.6: Humming Along

In this lesson I'm going to show you a little trick to instantly make your voice more "resonant" and powerful sounding.

Lesson 1.6 Exercise Instructions:

1. Make a mechanical/buzzy hum sound then drop jaw open to an "ahhh " (DON'T PUSH THE AIR)

Remember:

- Resonance creates volume. If you find that you often have trouble projecting your voice, this exercise should help you tremendously.
- Try to focus on keeping your voice in your "mask."
- Don't "swallow" your voice. Make sure you feel a subtle "yawn" in your throat.
- Practice at a pitch that is comfortable for YOU. (Don't go too low or too high.)s

Section 2: Make the Sound

Lesson 2.1: "Hey There!"

This week we are going to work on using simple, everyday sounds to help you connect with your natural voice.

These exercises are extremely effective for helping you hone in on your unique singing voice.

Lesson 2.1 Exercise Instructions:

1. Say "Hey" naturally with your attitude face.
2. Record yourself talking, then compare your voice to the "hey" sound. You should notice a similarity.

Remember:

- Your speaking voice and your singing voice are closely connected. (You don't have to "put on a voice" when you sing.)
- Make sure to put on your "attitude" face. It may seem silly, but you'll be surprised how much "spark" this adds to the tone and resonance of your voice.
- Make sure your tongue is forward and touching the back of your bottom teeth.
- Control your airflow. Don't kill the "H."
- Focus on singing the vowel sounds.
- Sound natural! (Do you talk like that?)
- Use a mirror if possible.
- If you don't feel a little bit ridiculous when you're making your "attitude face," you're probably not doing it right!

Lesson 2.2: "Hey, Ahh"

Lesson 2.2 Exercise Instructions:

1. Say "Hey-aah" naturally with an attitude face.

Remember:

- Try to keep your face shape the same. Let tongue do the vowel change for you.
- Singing is a "bad word." **Just make the sound!**
- Set the shape of your face and forget it.
- Distance = Pitch. The further the distance, the higher the pitch.
- Think about saying "ahh" when you sing any vowel. (This keeps your throat open and relaxed.)

Lesson 2.3: "Ha Ha"

In this lesson we're expanding on the second half of the exercise you learned in lesson 2.2.

Lesson 2.3 Exercise Instructions:

1. Say "Haaah" naturally with the attitude face. Don't kill the "H."

Remember:

- "Ahh" and "Aww" are two different vowels. Use "Ahh."
- Don't kill the "H"
- Hold it for at least 5 seconds
- Don't be afraid to act a little bit. Use a bit of attitude.
- Think about distance.

Lesson 2.4: "Ma Ma"

Lesson 2.4 Exercise Instructions:

1. Say "Maaah" naturally with attitude face. Don't tighten lips on the "M"...

Remember:

- Touch your lips together lightly for just a split second.
- Don't tighten your lips. (Think hot potato)
- Make sure you don't feel any tension in your face.

Lesson 2.5: "La La La"

Lesson 2.5 Exercise Instructions:

1. Say "Laaa" without using the jaw. Slight jaw movement is OK. Don't lock it.

Remember:

- These exercises may seem repetitive, but they are the fastest, most effective way to build a strong foundation.
- Tongue tension and position affects everything. When you practice this exercise, make sure you aren't holding your tongue against the roof of your mouth. Get it back down to a flat position and make sure it's forward, touching the back of the bottom teeth asap after you make the "L" sound.
- Try to imagine that your voice exists in a "force field" in front of your face, as if you were wearing a mask.
- Be careful not to lock your jaw.
- Use a mirror! It will help immensely.

Lesson 2.6: "Hey Ah Ma La"

Lesson 2.6 Exercise Instructions:

1. Say "Hey-ah, ma, la"

Remember:

- Try to incorporate all of the techniques you've learned so far.
- Don't kill the "H"
- Keep your lips loose on "M"
- Say "L" with your tongue only - not with the jaw.
- Keep it resonant. It doesn't have to sound "pretty," just stay on the BUZZZZ!

Section 3: Putting the "Moan in the Tone"

Lesson 3.1: "Emotive" Sounds

In this section, we're going to start working on expanding your range so you can sing high notes with more ease and clarity.

If you do these exercises correctly, they'll allow you to start hitting very high notes without even realizing it.

Once we start getting into singing specific notes, you'll be surprised how easy it is to transition to the higher end of your range.

Lesson 3.1 Exercise Instructions:

1. Literally moan out the phrase "Ahhh-man!" NOT "AWWW-man." Don't be afraid to sound "obnoxious."

Remember:

- Keep the vowel open. Sing "Ahh"... Don't add a "w" to the end of the word "Aw".
- We hit high notes all the time when we talk, without ever thinking about it. Our goal is to springboard off of that.
- **More emotion = higher pitch.**
- Let the sound flow naturally... we're just using a mechanism that is already built into your voice!
- *Feel* the "H," but don't sound it.

Lesson 3.2: Siren the "Hey"

Lesson 3.2 Exercise Instructions:

1. Warm up for just a few minutes with breathing exercises and lip rolls or tongue trills (You can pick whichever exercises you like best.)
2. Siren "Hey". Don't go too high - only as high as you feel comfortable with.

Remember:

- Focus on an even and consistent and clean tone (no gravel in the voice) throughout. Don't let your throat constrict or your vocal tone get breathy.
- Don't chew the "Y"
- If you feel any physical discomfort, stop, relax, and adjust.
- The journey between the notes is just as important as hitting the notes.
- You should feel just a little bit more "moan" or "tightness" on the high notes.
- Don't push out the air!
- Stay loose.
- Make sure you feel a subtle yawn in your throat.
- Feel free to refer back to lesson 2.1 if you have any trouble.

Lesson 3.3: Siren "Hey Ahh"

Lesson 3.3 Exercise Instructions:

1. Siren "Hey---Ahhh". Change to "Ahh" somewhere towards the peak of the siren. Don't go too high - only as high as you feel comfortable with.
2. Focus on an even and consistent tone throughout. Don't allow your throat to constrict or your vocal tone to get breathy.

Lesson 3.4: Siren "Ma"

Lesson 3.4 Exercise Instructions:

1. Siren "Maah". Don't go too high - only as high as you feel comfortable with.
2. Focus on an even and consistent tone throughout. Don't allow your throat to constrict or your vocal tone to get breathy.

Lesson 3.5: Siren "La"

Lesson 3.5 Exercise Instructions:

1. Siren "Laah". Don't go too high - only as high as you feel comfortable with.
2. Focus on an even and consistent tone throughout. Don't allow your throat to constrict or your vocal tone to get breathy.

Lesson 3.6: Siren "Yo"

Lesson 3.6 Exercise Instructions:

1. Siren "Yo". Don't go too high - only as high as you feel comfortable with.
2. Avoid closing the lips and making the "W" sound at the end of the vowel
3. Focus on an even and consistent tone throughout. Don't allow your throat to constrict or your vocal tone to get breathy.

Section 4: Hitting Those Notes

Lesson 4.1: Do Re Mi – Hey

Lesson 4.1 Exercise Instructions:

(Important Note: Make sure you've downloaded the mp3's!)

1. Sing Exercises (The “12321’s”) with "Hey". Get into a rhythm with your breathing. Don't kill the "H" ...
2. Don't forget to keep your lower abs a bit tight (supported) while you are singing and loosen them on inhale and exhale.
3. Do the 50BPM exercise to start until you get used to hitting the notes and the exhale/inhale rhythm! (Males will GENERALLY start around 15-30 seconds in, and women around 1:30 or so. This would be the LOWEST note in your range. If you can start lower (earlier) or need to start later (higher) that is totally fine. Go only as high as you're comfortable singing without straining.)

Remember:

- Notes are NOT high - they are higher "revs" or further away.
- You're an "empty Gi" (You're loose and weightless)
- Think as if you were singing without air... air comes in, energy comes out.
- People can hear laziness in your face. Keep up the attitude face!
- Do NOT do these exercises with headphones on!

Lesson 4.2: Do Re Mi – Ha

Lesson 4.2 Exercise Instructions:

1. Sing exercises (The “12321’s”) with "Haah". Get into a rhythm with your breathing. Don't kill the "H".
2. Don't forget to keep lower abs a bit tight (support) while you are singing and loosen them on inhale and exhale
3. Do the 50BPM exercise to start until you get used to hitting the notes and the exhale/inhale rhythm! (Males will GENERALLY start around 15-30 seconds in, and women around 1:30 or so. This would be the LOWEST note in your range. If you can start lower (earlier) or need to start later (higher) that is totally fine. Go only as high as you're comfortable singing without straining.)

Lesson 4.3: Do Re Mi – Ma

Lesson 4.3 Exercise Instructions:

1. Sing exercises (The “12321’s”) with "Mah". Get into a rhythm with your breathing. Don't kill the "H"
2. Don't forget to keep lower abs a bit tight (support) while you are singing and loosen them on inhale and exhale.
3. Do the 50BPM exercise to start until you get used to hitting the notes and the exhale/inhale rhythm! (Males will GENERALLY start around 15-30 seconds in, and women around 1:30 or so. This would be the LOWEST note in your range. If you can start lower (earlier) or need to start later (higher) that is totally fine. Go only as high as you're comfortable singing without straining.)

Lesson 4.4: Do Re Mi – La

Lesson 4.4 Exercise Instructions:

1. Sing exercises (The “12321’s”) with "Laah". Get into a rhythm with your breathing. Don't kill the "H".
2. Don't forget to keep lower abs a bit tight (support) while you are singing and loosen them on inhale and exhale.
3. Do the 50BPM exercise to start until you get used to hitting the notes and the exhale/inhale rhythm! (Males will GENERALLY start around 15-30 seconds in, and women around 1:30 or so. This would be the LOWEST note in your range. If you can start lower (earlier) or need to start later (higher) that is totally fine. Go only as high as you're comfortable singing without straining.)

Lesson 4.5: Do Re Mi - Hey/Ahh

Lesson 4.5 Exercise Instructions:

1. Sing exercises (The “12321’s”) with "Hey-ah". Get into a rhythm with your breathing. Don't kill the "H".
2. Don't forget to keep lower abs a bit tight (support) while you are singing and loosen them on inhale and exhale.
3. Do the 50BPM exercise to start until you get used to hitting the notes and the exhale/inhale rhythm! (Males will GENERALLY start around 15-30 seconds in, and women around 1:30 or so. This would be the LOWEST note in your range. If you can start lower (earlier) or need to start later (higher) that is totally fine. Go only as high as you're comfortable singing without straining.)

Lesson 4.6: Do Re Mi - Yo

Lesson 4.6 Exercise Instructions:

1. Sing exercises (The “12321’s”) with "Yoh". Get into a rhythm with your breathing. Don't kill the "H".
2. Don't forget to keep lower abs a bit tight (support) while you are singing and loosen them on inhale and exhale.
3. Do the 50BPM exercise to start until you get used to hitting the notes and the exhale/inhale rhythm! (Males will GENERALLY start around 15-30 seconds in, and women around 1:30 or so. This would be the LOWEST note in your range. If you can start lower (earlier) or need to start later (higher) that is totally fine. Go only as high as you're comfortable singing without straining.)

Section 5: Movin' On Up!

Lesson 5.1: "Ng Ahh" (Soft Palate)

Lesson 5.1 exercise instructions:

1. Say "NG" then open up to an "Ahh" sound. Keep your tongue touching back of the bottom teeth the whole time!
2. Feel your throat open and tongue flatten out when you "spring off" of the "NG" sound to the "Ahh" sound. Again, keep tongue touching back of the bottom teeth the whole time!
3. You can also siren the "Aaa" if you'd like to add to the exercise.

Lesson 5.2: Scooped 3rds

Lesson 5.2 exercise instructions:

1. Practice with the ("Scooped 3rds") exercise.
2. This is just like sirens, but now we're hitting specific notes.
3. Practice exercise with "Hey", "Hah", "Mah", "Lah", and "Yo"

Lesson 5.3: Scooped 4ths

Lesson 5.3 exercise instructions:

1. Practice with the ("Scooped 4ths") exercise.
2. Practice exercise with "Hey", "Hah", "Mah", "Lah", and "Yo"

Lesson 5.4: Scooped 5ths

Lesson 5.4 exercise instructions:

1. Practice with the ("Scooped 5ths") exercise.
2. Practice exercise with "Hey", "Hah", "Mah", "Lah", and "Yo"

Lesson 5.5: Scooped Octaves

Lesson 5.5 exercise instructions:

- Practice with the ("Scooped Octaves") exercise.
- Practice exercise with "Hey", "Hah", "Mah", "Lah", and "Yo"

Lesson 5.6: Warm Up and "Hey Ah"

Lesson 5.6 exercise instructions:

1. General Reminder: Always warm up and stay hydrated.
2. Practice all the ("Scooped") exercises with "Hey", "Hah", "Mah", "Lah", and "Yo"
AND NOW WITH "Hey-Ahh"

Section 6: Vocal Control

Lesson 6.1: Introduction to Arpeggios

Lesson 6.1 exercise instructions:

1. After listening to my talk about finding the FUN in your singing, go back and do several exercises from last week - this time focusing a bit more on emotion and fun, being loose, and letting go! Trust me on this!
2. Remember: The 2 "F's": You can sing from Fear... or have Fun!

Lesson 6.2: Arpeggio #1 (1,3,5,3,1)

Lesson 6.2 exercise instructions:

1. Practice the ("13531") exercises with: "Hey", "Ha," Hey-ahh", "Mah", "Lah" and "Yooh."
2. Don't forget to exhale/inhale between each one!

Lesson 6.3: Arpeggio #2 (1,3,5,8,5,3,1)

Lesson 6.3 exercise instructions:

1. Practice the ("1358531") exercises with: "Hey", "Ha," Hey-ahh", "Mah", "Lah" and "Yooh"
2. Think of the "scoops" we did when going from the 5 to the 8 to stay connected to the same buzzy tone. Don't allow your tone to get breathy at the 8.
3. Don't forget to exhale/inhale between each one!

Lesson 6.4: Arpeggio #4 (8-5-3-1)

Lesson 6.4 exercise instructions:

1. Practice the ("8531") with: "Hey", "Ha," Hey-ahh", "Mah", "Lah" and "Yooh"
2. Get a bit psyched up/emotionally charged before the note comes out of your mouth. You've gotta be ready for that first note (the 8) before you make a sound.
3. Don't forget to exhale/inhale between each one!

Lesson 6.5: Arpeggio #5: (1,3,5,8,5,3,1 - Hold 8)

Lesson 6.5 exercise instructions:

1. Practice the ("1358531_Hold Out 8") exercise with: "Hey", "Ha," Hey-ahh", "Mah", "Lah" and "Yooh". Open up and let that 8 go!
2. Don't worry if you get the vibrato happening or not.
3. Don't forget to exhale/inhale between each one!

Lesson 6.6: Review Day!

Lesson 6.6 exercise instructions:

1. Go back and work on the lessons from this week.
2. Also, go back and review Week 1. Very important to take a moment to check back in on your breathing technique!

Section 7: "Putting Words in Your Mouth"

Lesson 7.1: Killer Consonants - Part 1

Lesson 7.1 exercise instructions:

1. Practice saying Ka-Ga back and forth. Try putting a little "G" in your "K" to help avoid coughing the "K". Then sing the ("12321") exercises going back and forth between "Ka" and "Ga".
2. Practice saying Pa-Ba back and forth. Try putting a little "B" in your "P" to help avoid popping the "P". Then sing the ("12321") exercises going back and forth between "Pa" and "Ba".
3. Practice saying Fa-Va back and forth. Try putting a little "V" in your "F" to help avoid pushing the "F". Then sing the ("12321") exercises going back and forth between "Fa" and "Va".

Lesson 7.2: Killer Consonants - Part 2

Lesson 7.2 exercise instructions:

1. Practice saying Ta-Da back and forth. Try putting a little "D" in your "T" to help avoid spitting the "T". Then sing the ("12321") exercises going back and forth between "Ta" and "Da".
2. Practice saying Cha-Ja back and forth. Try putting a little "J" in your "Ch" to help avoid pushing the "Ch". Then sing the ("12321") exercises going back and forth between "Cha" and "Ja".
3. Practice saying Sa-Za back and forth. Try putting a little "Z" in your "S" to help avoid pushing the "S". Then sing the ("12321") exercises going back and forth between "Sa" and "Za".

Lesson 7.3: Car, Far, Star

Lesson 7.3 exercise instructions:

1. Practice saying the words car, far, and star. Hold out the vowel "Ah" and avoid saying & anticipating the "R" at the end of the words. Keep your tongue forward! Don't pull it back AT ALL until the end when you touch the "R"...
2. Sing the words car, far, and star with the ("12321") exercises, the ("13531") exercises, and the ("1358531") exercises.

Lesson 7.4: Fell, Tell

Lesson 7.4 exercise instructions:

1. Practice saying the words Fell, and Tell. Hold out the vowel and avoid saying & anticipating the "L" at the end of the words. Keep your tongue forward and down! Don't touch the tongue to roof of the mouth until the end to create the "L"...
2. Sing the words fell and tell with the ("12321") exercises, the ("13531") exercises, and the ("1358531") exercises.

Lesson 7.5: "I" is Everywhere!

Lesson 7.5 exercise instructions:

1. Practice saying "I am I" (This should sound more like "Ah-am-Ah").
2. Watch out for the "eee" sound at the end of the diphthong.
3. Sing the phrase "I Am I" with the ("12321") exercises, and the ("13531") exercises.

Lesson 7.6: Dealing With Tricky Vowels

Lesson 7.6 exercise instructions:

1. Sing the word "Me" as "May" with the ("12321") exercises, and the ("13531") exercises. Try to keep "eee" until you get into the higher range and open the vowel up a bit more to the "aay" vowel sound.
2. Sing the word "You" as "Yo" with the ("12321") exercises, and the ("13531") exercises. Try to keep "ooo" until you get into the higher range and open the vowel up a bit more to the "ooh" vowel sound.

Section 8: Advanced Singing Techniques

Lesson 8.1: Intro to Registers & Advanced Techniques

Lesson 8.1 exercise instructions:

1. Practice replicating the 3 basic registers in your voice. Have fun and play around a bit.

- Chest Voice: "speaking" voice
- Mix Voice: Whine/Cry sound
- Falsetto Voice: Light/breathy higher notes

Lesson 8.2: Glottal Stop/Attack

Lesson 8.2 exercise instructions:

1. Practice saying "I. Am. An. Astronaut." with glottal stops. Then say it like "*iyamanastronaut.*" Feel the difference between the two.

2. Practice the vowels "Ay", "Ah," and "Oh" with the ("12321") exercises, and the ("13531") exercises with glottal stops. It will sound "staccato". (Short stops between the notes.)

3. Don't attack too hard by "coughing" the vowels out.

Lesson 8.3: More Power (Diaphragm Strength)

Lesson 8.3 exercise instructions:

1. Practice making an ape sound, santa clause laugh, evil laugh... and notice the diaphragmatic kick in the abdominal area.

2. Practice the "Ah" vowel just like the ape sound. Do 5-10 pulses ON THE SAME NOTE (notice the abdominal kick on each pulse) then hold out the last note for a couple of seconds.

3. Practice doing the "Ah" vowel just like the ape sound with the ("12321") exercises, and the ("13531") exercises. (Notice the abdominal kick on each pulse) then hold out the last note for a moment before exhaling and inhaling again for the next set of notes.

Note: These exercises are staccato like the glottal stop exercises but there is NO breath hold in between.

Lesson 8.4: Falsetto, Mix and Chest

Lesson 8.4 exercise instructions:

1. Practice talking in your falsetto voice. (Remember, it's light and breathy - typically above the "break" in your voice.)
2. Practice the ("Scooped 5ths") with "Hey". Sing the first note in chest voice (speaking voice) and then "break" to your falsetto voice to sing the 5th interval.
3. Practice the ("Scooped Octaves") exercise with "Hey". Sing the first note in chest voice (speaking voice) and then "break" to your falsetto voice to sing the Octave.

Lesson 8.5: Intro to Mix Voice

Lesson 8.5 exercise instructions:

1. Practice making whiny sounds. Mimic what I'm doing in the video. Have fun/be silly and connect with the buzzy tone of that "whiny kid" sound.
2. Pick a sentence to say like "I don't wanna brush my teeth" and practice it at different pitches - slowly working into a higher/more emotive pitch.
3. Once you feel comfortable with the concept try the ("12321") exercises, the ("13531") exercises and the ("1358531") exercises. Try to go a little higher than usual focusing on a whiny tone. NEVER PUSH or STRAIN. Only go as high as you can without feeling discomfort in the throat.

Lesson 8.6: Rockin' Blues

Lesson 8.6 exercise instructions:

1. Sing "Yeah" focusing on the A vowel as in "Cat" or "Hat". Don't forget your attitude face! Practice this with the ("Blues_Descend") exercises. Start at 50 bpm first.
2. Once you're comfortable with the "Descending Blues" exercises, try singing "Yeah" with the ("Blues_Ascend") exercises. Start at 50 bpm first here as well.

A Final Note (And the Bonus Scales):

- Once you get more and more comfortable with doing the exercises as I "prescribed" them, feel totally free to mix and match the different scales with any of the different vowel sounds and words we worked on throughout the course.
- And of course feel free to practice all of the same vowel sounds and words we worked on using the Bonus Scales as well. The bonus scales are *Minor* scales and arpeggios, which have a totally different feel than the major scales and arpeggios we worked on throughout the course. You'll notice they are "sadder" or more "ominous" sounding.

*Thank you very much and congrats on finishing the course! Pat yourself on the back once again! And don't forget to keep practicing and having fun! - **Steve Glazer***