

Your Vocal Warm-Up

Have you ever stopped to consider that your voice is an instrument? Like all instruments, it takes patience and practice to learn how to play it effectively. In this segment, I invite you to explore your voice as if you have never heard it before. With compassionate ears, listen for qualities you admire and perhaps areas you can improve. When your voice is clear, expressive, flexible and free, your audience will listen to you easily. You have important wisdom to share.

Meet Tessa Auberjonois



To view her theatrical resume, visit:

<http://resumes.actorsaccess.com/tessaauberjonois>

To hear her voice-over demo reel, visit:

<http://ilashe2.wix.com/tessavo#!home/mainPage>

I encourage you to make a habit of practicing this vocal warm-up a few times a week. When you have a flexible and resonate voice, you will delight your audience's ears. Feel free to use the guide on the next page to help you with the exercises. It's fun, I promise. Well, maybe not for your neighbors.

Connect to your breath

- Notice your breath
- Relax your belly
- Send your breath down to your toes
- Breathe deeply

Warm up your face

- Roll tongue behind lips
- Blow air through lips on a sigh

Warm up your lips

- Hum on a sigh
- Feel the buzzing on your lips
- Send vibrations to a spot in front of you

Warm up your nasal resonators

- Create a bright sound, “Me!”
- Send the sound through your cheek bones

Warm up your articulators

- Repeat, “Topeka, Topeka, Topeka.”
- Repeat, “Bodega, Bodega, Bodega.”
- Play with pitch and rhythm

Integrate your voice

- Slide sound from head to chest
- “Me, me, me..” at the nose
- “May, may, may..” at the mouth
- “My, my, my...” at the chest
- Slide up and down humming, “Ha, hum, maaaaaa...”