

## **Daily Voice Maxing Routine (30 Minutes)**

### **Step 1: Diaphragmatic Breathing (5 minutes)**

Start with 5 minutes of diaphragmatic breathing to warm up your voice. Sit or stand comfortably, place a hand on your belly, and breathe deeply through your nose, ensuring your diaphragm (not your chest) expands. Exhale slowly through your mouth, feeling the stomach contract. This exercise helps in utilizing full lung capacity and relaxing vocal cords.

### **Step 2: Hydration (2 minutes)**

Drink a glass of lukewarm water to hydrate your vocal cords, making them more flexible and less prone to strain.

### **Step 3: Vocal Warm-ups (5 minutes)**

Perform vocal warm-ups using vowel sounds. Start with a medium pitch and gradually lower the pitch with each repetition. Practice the descending vowels: say 'A-E-I-O-U' slowly, decreasing the pitch from vowel to vowel.

### **Step 4: Neck and Shoulder Stretches (3 minutes)**

Gently stretch your neck and shoulders to release tension, which affects vocal tone.

### **Step 5: Straw Phonation (5 minutes)**

Use a straw to practice phonation by humming or singing notes into a straw submerged in water, improving breath control.

### **Step 6: Deep Tone Sustaining (5 minutes)**

Sustain a low and comfortable pitch for as long as possible, focusing on feeling the vibration in your chest.

### **Step 7: Cool Down and Reflection (5 minutes)**

Finish your session by gently humming at a comfortable mid-range pitch to cool down the voice and reflect on the session.

**THANKS !**