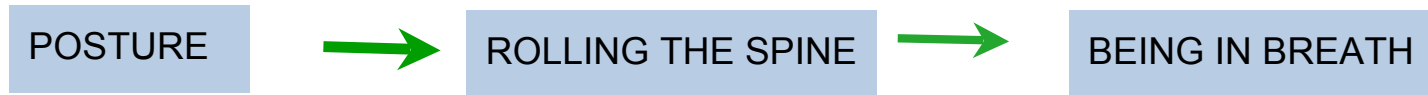
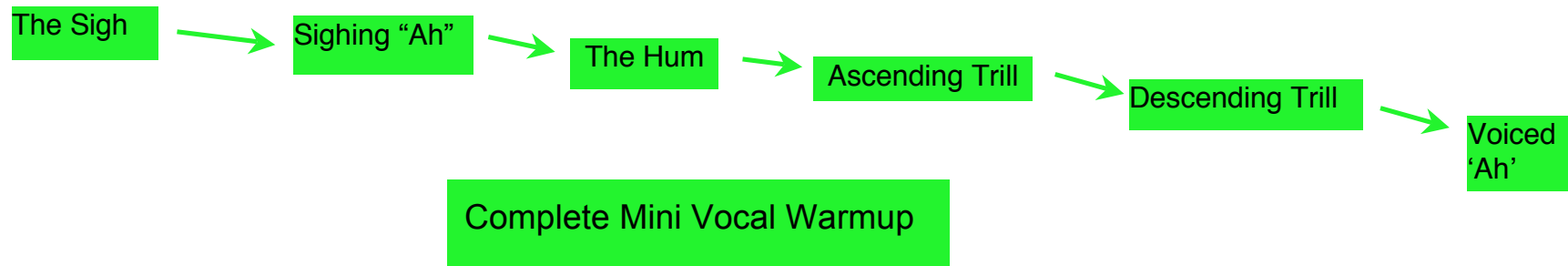


FIRST PRINCIPLES



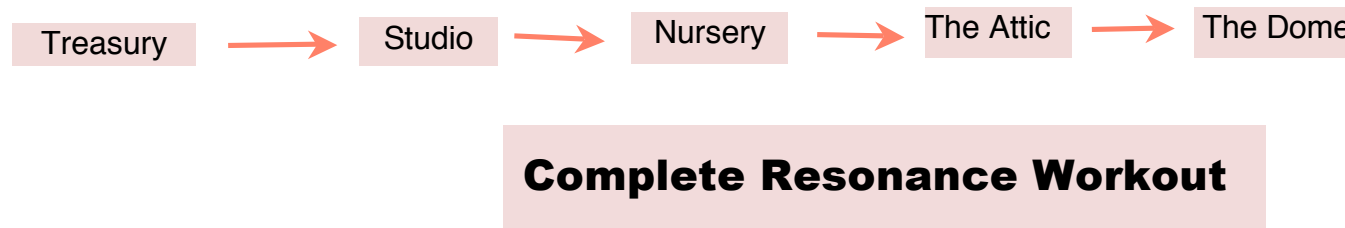
THE MINI (EARLY MORNING) VOCAL WARMUP



DAILY VOCAL MAINTENANCE



VOCAL COLOUR AND TONE



ARTICULATION / CLARITY

Jaw and
Tongue
Release

Mmm to Ah

Ng to Ah

Isolating the jaw

Rolling the tongue



GROW YOUR VOICE

WHOLE BODY WARMUP