

## **Prepare for Your Voice**

Before you begin to warm up your voice, warm up your whole body. Start bouncing gently on your feet, then hop, move your arms about, jog or dance about for a minute or two.

Listen to the audio files **Being in Your Body** as Flloyd takes you through the process of aligning your spine, [Posture; Spinal Roll] balancing your whole self in relation to gravity, so that you stand, sit and move with ease.

Do this a couple of times a day for a few weeks, and you will gradually accustom yourself WITH FULL AWARENESS to the physical sensation, from inside your body, of standing well. When you stand with ease, you move with ease and you speak with ease. Being aware of your physical state puts you in control of it.

Practise **Being in Your Breath** until you are comfortable that your breath flows easily, your shoulders and upper chest stay free and relaxed, and your lower abdominal muscles are the ones supporting your voice.

Learn the **Mini Vocal Warmup**. Practise each element until you are comfortable with it, then work through the whole warmup. The warmup takes less than a minute, great for getting your voice warm and lively first thing in the morning, or for bringing yourself into focus just before a presentation. Or you can extend each element and number of repetitions until you are doing a 10 minute warmup, which is when you will start to build muscle tone and extend your range.