

Sounding the Breath (making voice)

a) check your posture, relax your jaw, slip two fingertips between your front teeth to measure the appropriate gap, flop your tongue loosely over the bottom lip,

b) allow a little breath in, silently - wait – allow it back out - wait. (repeat 4 times)

[Notice how open your throat is, without any effort involved. Notice how the air goes in and comes out easily through the open throat]

c) allow a quick, silent breath in – wait – keep throat open as you gently allow breath to flow out through the open throat for 4 beats. Repeat 4 times

d) allow a quick, silent breath in – wait – vocalize the breath for 4 beats as it flows back out. The sound you will make is the sighing sound, very floppy and relaxed. (repeat 4 times).

AUDIO FILE bibexercises.mp3

adapted from Tim Smith's Vocal Alchemy
(www.vocalalchemy.com.au)