

Preparation for Voice Care and Training

Posture:

Standing: weight evenly distributed over both feet, spine flowing up, loose shoulders, eyes looking straight ahead

Sitting: hips and lower back supported by back of chair, feet flat on the ground (or on a stand), thighs parallel to the floor, loose shoulders, eyes looking straight ahead

Relaxed jaw:

Drop the mouth open till 2 fingertips can be placed, one on top of the other, between the front teeth.

Being in Breath:

Allow a silent, quick breath in through your mouth – wait – allow it out – wait

Repeat several times, noticing how easy it is, how you don't need a lot of air to go in each time, and how the air goes in and comes out silently through an open throat (If your throat gets dry, swallow and refresh it any time you like!)

Sounding the breath

Allow a silent, quick breath in through your mouth – wait - gently vocalise the out flowing breath for a few seconds

Repeat several times, observing the sensation of creating sound in your voice box (larynx). Notice how the air goes in silently, and comes out as sound.

You will find more detailed explanations and audio exercises for these elements in the next section.