

# Being in Voice

with Flloyd Kennedy



## Introduction to the Mini Vocal Warmup

The Mini Vocal Warmup, is a quick and easy way to wake your voice up gently first thing in the morning, and warm it down last thing at night. It is also an introduction to making and exploring playful sounds, encouraging you to listen to yourself with full awareness of how the sounds are affected by what you are doing physically, whether standing or sitting, walking or practicing your movement techniques at the same time.

Your voice is your whole self, and that includes your whole body, so ideally prepare yourself for the warm up by having a bit of a stretch and a jog or a dance.

Check your Posture before you begin, and take that awareness into your movements. Do the Spinal Roll Down, and prepare your breath with the Being in Breath exercises.

Because the Mini Vocal Warmup is short and gentle, you can do it any time during the day, as often as you like. Use it to explore your voice, and to prepare yourself for any vocal activity, such as presenting a pitch, giving a paper, taking a class or a workshop. The more you do it, the more your voice will grow.