Welcome

**Preparation**

Body

Breath

Jaw and tongue

**Warmup**

Mini Vocal Warmup

Sigh

Sigh ah

Hum/siren

Ascending Trill – fast

Descending Trill – fast

Voiced Ah

Vocal Maintenance Program

Extended s z

Ascending Trill – slow

Descending Trill – slow

5 note scale

Voiced Ah

**Training**

Pitch Range

Ascending Lip, Tongue and Buzz trill – long

Descending Lip, Tongue and Buzz trill – long

Placement

Ng – ah

Mmm – ah x 4, x 8

Nnn – ah x 4, x 8

Rrr – ah x 4, x 8

Sss – ah x 4, x 8

Sh – ah x 4, x 8

Shhhhh – full breath.

Resonance and colour

Giant in the dungeon – Feed Me!

Salesman in the studio – Hey! Come and buy!

Confused child in the nursery – Mine - Thine

Curious child in the attic – Why?

Bird in the bell tower – Wheeeeeee!

**Practice**

The moan of doves in immemorial elms,

And murmuring of innumerable bees.

Alfred Lord Tennyson

Popacatapetl Copper-plated kettle

Hippopotamus and Mississippi River.

**Finish with Focus**

Sea Moon

Sea Moon

Sea Sea

Moon Moon

Sea Sea Sea Sea

Moon Moon Moon Moon

Sea Sea Sea Sea Sea Sea Sea Sea

Moon Moon Moon Moon Moon Moon Moon Moon

Sea Sea Sea Sea Sea Sea Sea Sea

Mn mn mn mn mn mn mn mn mn mn mn mn mn mn … etc

Sea

Sea

Moon

Moon.