Your voice is an amazing instrument. Your voice is you, audible. Your voice is your body, imagination and intellect all together at once.

These warmup programs are suitable for public speakers, singers, actors, choristers – anyone who uses their voice for more than everyday conversations. They will help you to tone up your voice, keeping it fit and lively for public and professional use.

A voice warmup is a sequence of exercises for stimulating blood flow to the larynx (voice box) and the vocal folds, making it safe to stretch and tone up your voice. This app provides a basic warmup to wake up your voice first thing in the morning, and cool it down last thing at night, and an extended version to tone up the muscles and develop power and range.

When you use your voice, you express yourself and, in doing so, you communicate something of yourself to the world beyond yourself. You invite your audience into the imaginary world you are helping to create, or to share in the world of ideas you are expressing.

Your voice is physical, and your support for your voice is ALL of you, ALL of the time.

Working on your voice is not just working on your whole body, it is working on your whole self.

BEING in voice means being comfortable with your voice and your vocal potential. Being IN voice means experiencing, with awareness, the physical reality of your own voice as the sound of your self. Being in VOICE means sharing your thoughts, your ideas and your words by means of a sound, healthy, audible and interesting voice.