My Body –

aligned and balanced

Before you begin your voice warmup, check your posture. Listen as Flloyd takes you through the process of aligning your spine, balancing your whole body in relation to gravity, so that you stand, sit and move with ease.

If you do this a couple of times a day for a few weeks, you will gradually accustom yourself WITH FULL AWARENESS to the physical sensation, from inside your body, of standing well. You can then take this feeling with you as you walk, sit, run, lie down, jump around, dance – in other words, live your life. It will become easier to engage your body in this powerful, well-supported, actively mobile position to begin your vocal work, and to carry it with you into your professional life.

INSERT AUDIO FILE

Buzztouch forum says: To add say an .mp3 and play it locally you just need to add it to the project resources and call it in the code rather than link it to the url.