

Full-body Vocal Workout

(inspired by Laurel Elizabeth Keys and Simon Heather toning exercises)

Warm up:

Stand tall. Stretch and shake your body. Take a deep breath and groan from your belly
Repeat a few times

Bounce your body by lifting your heels up together. Groan and bounce at the same time
Finish with a few sighs

Lift up both shoulders. Let them drop quickly with a sigh.
Repeat a few times

Stretch up both arms. Let them fall with a sigh
Repeat a few times

Tilt back the head a little. Make a high pitched AAH sound. As you lower your head allow the sound to become a groaning sound in the throat. (This sound relaxes the vocal chords).
Finish by letting the chin drop onto the chest with a sigh
Repeat a few times

The Workout

Find a comfortable standing or sitting position, tone each vowel sound several times, attempt to focus the sound in the part of the body mentioned. Start at the lower body and move upward, then work your way back down.

Pelvis/Lower Body - Oo (as in blue)

- Close your eyes
- Make a deep resonant OOO sound
- Make the sound as deep in tone as you can
- Imagine the OOO is flowing from the base of your spine down your legs into the earth
- Feel all the tension leaving your body as you tone this sound
- Feel where the tone is resonating in your body
- Feel the resonance moving to your feet
- Open your eyes. Notice how you feel.

Abdomen - Oh (as in so)

- Close your eyes
- Make a wide expansive OHHH sound.
- Allow it to fill your abdomen and expand into your cavities.
- Feel your diaphragm vibrate
- Feel it moving through your internal organs
- Allow the tone to energise your core
- Open your eyes. Notice how you feel.

Chest - Aah (as in far)

- Close your eyes
- Now make an AAH sound
- Choose a tone that you can feel will resonate in your heart area
- Open your mouth wide to produce a full tone
- Imagine the sound AAH is relaxing your heart and chest
- Imagine the sound is releasing all your cares and worries
- Remember to keep your mouth open wide while sounding
- Keep breathing in through your nose
- Open your eyes. Notice how you feel

Throat - Eh (as in yeah)

- Close your eyes
- Make an EHHHH sound
- Keep the mouth wide like a cathedral
- Experiment with letting the sides of your mouth move up to meet your ears like a smile, or drop down so your mouth forms an oh shape, but keep making an EHHH sound. Notice how your mouth shape alters the quality and placement of the sound in your throat
- Relax the back of the throat (try to achieve the opposite feeling to when you swallow)
- Allow the sound to travel down inside the throat, not stay blocked at the entrance
- Open your eyes. Notice how you feel

Head - Ee (as in me)

- Breathe in through the nose
- Make a high pitched EEE sound
- Make the sound as pure as you can by relaxing your jaw and throat
- Imagine that the sound is coming out of the top of your head like a fountain
- Imagine that the sound is clearing your head
- Open your eyes. How do you feel?