



Your Vocal Cords are
Double- Reed Instrument



Like an oboe

Single-Reed Instrument

If we had been created like a single-reed instrument, looking after our voices would be so much more simple.

There would be less risk of vocal damage.



VOCAL HEALTH 101

Just as an athlete looks after their body. We look after ours.

BEFORE WE SING

- Vocal warm-ups
- Not over pushing your voice
- Diaphragmatic Breathing- Support
- Nervous system regulation (Humming, slow exhale, grounding)
- Hydration (Steam for immediate support . Drinking hydrates the voice over hours)
- Vocal Massage
- Rest & pacing - Silence is part of vocal care

VOCAL WARM UPS

YOGA LIKE STRETCHES



WEIGHTED EXERCISES



SUGGESTIONS:

Morning Micro Rituals Before Speaking

Humming

Breathing Practices

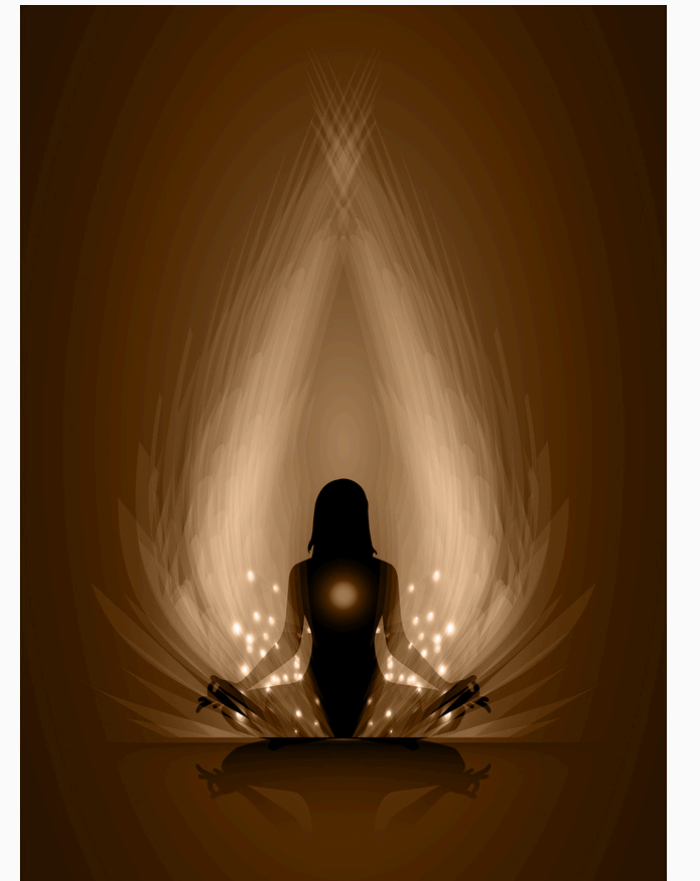
Lung Cleansers

Side Rib Stretch

Back Rib Stretch

Hand Stretch Rib Cage

Womb Breathing



EXPLORING YOUR VOICE WITH A SONG

Try practicing in your own time- these different techniques and see how they sound and feel to you. What works for your voice?

VOCAL CORDS

Fry, Go, False Vocal Fold Retraction,

LARYNX

Your Larynx Colours your sound. Depending on it's position, your voice will be bright or rounder

RESONANCE

Playing with the resonance chambers of your body will support you to amplify your sound



Solutions From A Technique Lens. (We all know that really these come from suppressed emotions and shadows. AND to support and prepare your as an instrument, these are great practices)

Voice feels weak and breathy? Do your warm ups, focus time with Vocal Fry and chest voice exercises (after you've done your head voice exercises)

Voice feels tight and pushed? Focus on head voice Brrrr, massage (we will get to this) releasing breath, jaw, neck, shoulders & False Vocal Fold Retraction