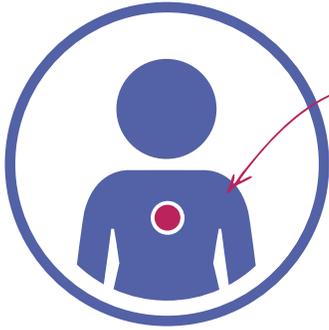




Magic In The Mirror

Magnet Lift



Imagine you have a magnet just in the middle of your sternum (or "breastbone), the bone that joins your ribs in the front. Imagine that magnet is being pulled up by a strong magnet in the ceiling.

Little magnet, little pull.

Allow that "pull" to lift you straight up (not back, not out) just a little bit. Watch in the mirror.

Feel your body naturally align as you lift that tiny bit. Notice your shoulders rolling back a bit, your head feeling "straighter" on your neck, and your rib cage lifting up a bit. You may also feel the muscles between your shoulder blades working harder than normal. That's ok! They'll feel better when they're stronger!

Balancing Books

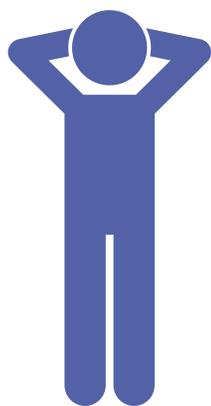
Spend some of your practice time imagining you're balancing a book on your head. Watch yourself in the mirror as you do.

If it's your habit to reach out or up with your chin as you sing, you may not *feel* it, but you'll see this in the mirror.

Try singing with your chin reaching out or up, and also with your imaginary books on your head. You will probably be able to both *hear* and *feel* the difference in your singing.



On the Low-Down



Even though you breathe this way every time you sleep, it can feel strange to breathe "low in the body" on purpose.

A more satisfying breath for less physical work can make all the diff on a long gig!

Watching yourself in the mirror, lace your fingers on top of your head. Suck in small bits of air as though you're using a skinny straw. Notice your abdomen stick out, and/or your ribs expand. Try to take a small breath that allows you to leave your chest area relaxed (don't lift & lower). Do this for a minute at a time until it becomes more familiar.

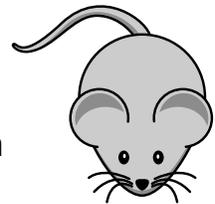
The 8-Minute Vocal Warm-Up

Remember **Posture** (lift from your sternum) and **Pitch** (the more varied, the better).

Bike Tire Short bursts of air on a "ch" sound. Do single bursts until you feel your belly moving in connection with the sound you're making. It doesn't have to move much! Then do 3 groups of 5: four short bursts followed by one long one. Repeat with "voice" (adding voice will make a "zch" sound).



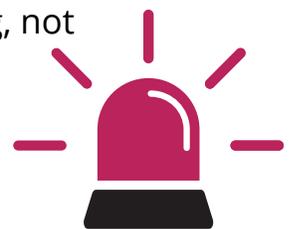
Easy Hum Hum with your teeth slightly apart in your mouth, and your tongue either touching the back, or lying on top, of your bottom teeth. (You just want to be sure you're not pulling your tongue back!) On comfortable pitches, hum on the first three notes of *Three Blind Mice*. (So... mi-re-do, or 3-2-1) Move your starting pitch around; higher then lower. Do this for a minute or two.



Bumblebee Make a sustained "Z" sound. Don't overthink this! The idea is to move this sound around on higher and lower pitches. A scale, a song, a siren, or whatever. Do this 3 (or more) times. Take a breath, do your thing (siren, wind, whatever) wait a beat or two. Repeat.



Siren As you do this, keep your tongue touching (just touching, not pushing!) the back of your lower teeth. On an "ee" sound, copy the sound of a siren coming and going: low to high to low. If it helps, you can start with an "s" sound so you're saying "see". Do this 3 or more times.



Boat (or Motorboat) Focus on your breathing, not your lips! Focus your gaze on something far away from you, take an easy breath, and shoot the sound of the motorboat to the thing you're looking at. Make the sound short and energized. Do 3 sets of 3 on different pitches, low to high.

If it's not working you can:

- roll an "r" instead
- make it louder
- place your index fingertips at the corners of your mouth

