

Unit 3, Module 12

Breathing for PM Singers

Check-in:

Course work:

Unit 3: Heidi Moss article, Breathe Like a Chimp, observation video

Studio work:

Did you try power breathing? Tell us about how your work with a particular client/student taught you something.

Lecture & Discussion:

Being loud

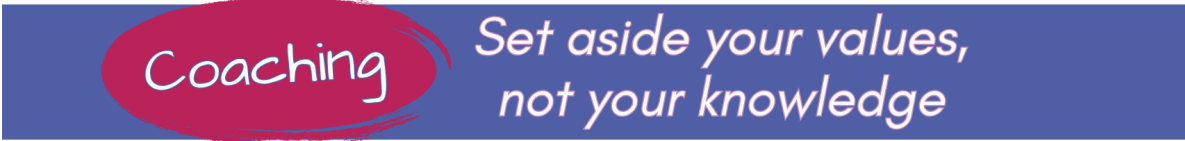
This class has often brought to mind the reality that a singer of acoustic genres is trained to use their body as the amplifier. Does this happen in other genres? What's your experience?

- PM singers
- MT singers

Using NVM principles, we're helping our clients/students learn to use their interoceptive experience of their singing to gauge their own efficiency. Regarding the considerations below, what can both we and they expect from this?


- Timeline
- Application
- Agency
- Vocal hygiene

Coaching technique:



Coaching Set aside your values,
not your knowledge

- 🌀 **Questions**
 - What did you like or not like? (Be quiet or have prompts at the ready.)
 - Were there any parts you'd like to look at?
 - Any parts you'd like to change or that didn't flow as well as others?
- 🌀 **Language**
 - Let's A/B this.
 - I'd like to offer something for you to try.
 - Let's see what this sounds/feels like.
- 🌀 **Process**
 - Offer them reassurance and affirmations, cheer for them.
 - Encourage understanding of motor training being a process.
 - Think short term, and assume evolution.



NeuroVocal
a groundbreaking approach to singing

One of the goals of coaching is to guide the client to self-assessment.
Ideally, we:

- give them tools,
- teach them to self-assess,
- affirm their choices as they learn to apply the tools themselves.

This is a cyclical and continuous process.

VIDEO:

Basics

- In classical and music theater singing singers practice a piece dozens of times.
 - Necessary breath support incorporated into practice
 - This breathing allows for prescribed phrasing, consistent tone, and other aesthetic demands consistent with the genres.
- PM styles adaptive to short or non-existent rehearsal schedules and various compensatory behaviors.
 - PM singers want the breathing habits to feel natural
 - They'll resist anything that feels fakey or stiff
- When the default sound is based on the feeling of efficient foundation exhalation will be balanced and appropriate to the singer's intentions.

The Singer Makes the Rules

- The “rules” of PM styles are created by the musicians themselves.
 - Can be changed at any time
 - Can be adaptive to the situation
 - Can be changed

While it helps a singer to understand how to actively inhale in a way that gives them energy rather than costing them energy, the way they use their breath as they phonate will be influenced by any number of variables.

Efficient Inhalation is Adaptive

- Efficient inhalation
 - feels satisfying
 - doesn't expend unnecessary energy
 - Is a valuable way to spend coaching time
- Habitually efficient inhalation supports
 - different vocal textures and ranges
 - changing musical intentions
 - Working with an amplification system
 - different sonic environments

Alignment

Like all things NVM, we want to work in harmony with physiological systems, in this case, the respiratory system.

- Aligned position
 - Is easier
 - Encourages natural use of primary respiratory muscles
 - Allows the diaphragm and lower ribs to move in easy and efficient way

- Encourages efficient laryngeal behavior (e.g., greater strength, range, and stamina).
- “Zig-zag” position
 - Includes a dropped sternum with the chin reaching out or down
 - Encourages inhalation that includes accessory muscles, like the pectoral muscles, in the top of the torso.
 - encourages reaching out or up with the head, which compresses the larynx and inhibits ease of phonation.
 - This isn’t “bad,” but singer should be informed about the cost/benefit of aligned position.



Magnet Lift

The magnet lift is a good all-around tool for achieving an alignment that feels natural to most singers.

- Ask the singer to imagine a magnet in the center of their sternum (breast bone).
- Ask them to imagine that there is *also* an imaginary magnet installed in the ceiling.
- When you “flip the switch” they’ll pull their sternum *straight up* (as opposed to out & up) toward the ceiling.
- The movement is small. Ask them to imagine the “lift” is ½ inch or 2 cm.

When this is added to the natural, connected, relaxed breathing we did last week, the singer should feel a more satisfying breath.

- Ask them how and where they feel this breath.
- The goal is to allow for an efficient inhalation, and that may look different on different people.

Ectomorphs

For these “lanky” people, the tiny Magnet Lift will feel exaggerated.

- Rhomboid muscles may feel more engagement than they're accustomed to.
- They often believe that they're standing like a soldier
- Practice moving between “slouchy” and “lifted” so they can feel & see the difference
- Daily practice done often in short bits will encourage neuroplasticity. Over time, this alignment will become more familiar.

Inhalation

- Will vary based on predictions the brain is making about what is needed.
- Singer will benefit from knowing how to take an activated breath using primary respiratory muscles.
- Once the breath is IN, you're done.
- Efficient inhalation + alignment is needed for Power Breathing to work.
- **Power Breathing is a tool for high stuff.** So, it's for peeps who get tight when they hit their falsetto register, or for mixing M1 high.

- Break -

Habits of inhalation

Encouraging inhalation that “makes sense” to the singer: both in their understanding and in their bodies.

Language for that?

Magnet lift workshop

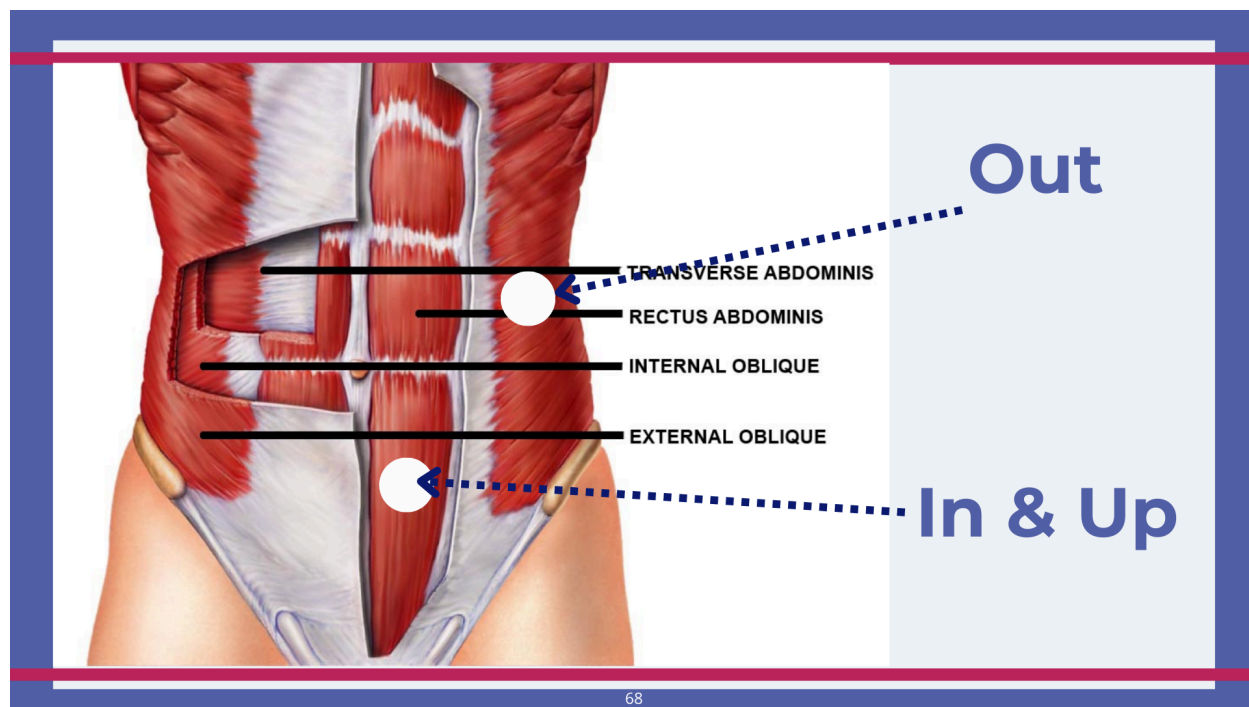
Lanky body types, large-breasted people, tall people: this is often normal for these people.

- Learned or conditioned.
- Self-conscious teens.
- What it feels like in their bodies.
- Laryngeal compression

Acclimating via repetition.

Your alignment tools?

Revisit Power Breathing workshop



- When we use this
- First time = staccato for connection only
- When they can do the consistent flex = did you notice...?
- Try patterns like 3-2-1-2-3-4-3 and 3-2-1-3-5-4-3-2-1
- This is used with the Nasty Triangle for “high belt.”