

# A NeuroVocal Session

## Suggested Progression

Shift their awareness from aural (listening)  
to interoceptive (feeling).  
Exercise: Hnnn

Begin the process of letting their brain "do the math" on purpose  
Exercise: Hunn-ee

Introduce them to M2: feel, sound, support  
Exercise: Cartoon Mouse, SOVT (lip trills, etc.)

Explore sensory-based  
registration.  
Exercise: Wiley Coyote, Octave  
jumps

Introduce Nasty Triangle:  
raise awareness of narrowing  
feeling  
Exercise: Whole step slide  
(either register)

Opening Up: "Doing the  
math" with a more singing-  
like sound.  
Exercise: Ya-ya stretch,  
Single note balance

Introduce  
Power  
Breathing

Begin "vocal camouflage"  
familiarity.  
Exercise: Octave arpeggios,  
modified register separation

Blending exercises:  
Nasty Triangle variations, slides ascending or descending

Song coaching:  
Applied skills