

# TOP 10 TIPS

For Your Most Clear and Connected Voice

- 1 Place your feet hip width apart, with your weight equally balanced between heels & toes
- 2 Find length through your spine. A long, flexible spine allows for optimum breath use, and breath powers your voice.
- 3 Find out if you are holding your breath. If so, let it go!
- 4 Try allowing your breath to drop into, and release from your belly.
- 5 Really see your environment, people and places. Amazingly, it's not about you - get more interested in THEM.
- 6 Check in - Is your jaw released? If possible, release it a little more.
- 7 Breathe in calmly, without noise, and begin to hum gently. When you run out of breath, let the breath replenish and begin again.
- 8 Try consciously tuning in to the feeling of vibrations on your lips as you hum gently. Those vibrations are the resonant power of your voice.
- 9 Try humming towards a point in the wall about eyebrow level. Begin on an mmm and open up to an aaaahhhh.
- 10 Maintaining that feeling of placing the voice, chant one to ten, the months of the year, a song or poem.

