

BREATHING

For Vocal Support

AIR FLOW

Focus on Breath
and Control of Breath

FOCUSED EXPANSION

Lower Ribs,
Belly and Back

NATURAL BREATHING

Expand Middle on Inhale

OPEN THROAT

Expand with a
Sense of Yawning

SENSE OF
OF ANTICIPATION

IMPROVE YOUR

VOCAL ENERGY

CONTINUALLY SCAN YOUR BODY FOR

TENSION

FACE NATURALLY
LIFTED

TONGUE & JAW
RELAXED

FLOATING

FEELING OF

RELEASE

MOUTH
NATURALLY
ENGAGED

vocal CHECK-IN

choose
**COMFORTABLE
CLOTHING**

release
**PHYSICAL
TENSION**

allow
**GENTLE
MOVEMENT**

full
**RELAXED
BREATHING**

alignment

FOR SINGING

Balance

Fluid & Easy
Shift Weight Gently

Feet

Hip Width Apart

Knees

Soft Joints
Nothing Locked

Hips

Centered
Above Ankles

Shoulders

Centered
Above Hips

Ears

Centered
Above Shoulders