

BEGINNING VOCAL PRACTICE ROUTINE

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GENTLE BODY WARM-UP (Level I):

Space walk (*loosen up.....release tension.....visualize pyramid*)

Shoulder rolls, neck rolls, spinal twists, back bends to loosen

Diaphragmatic Breathing 4-2-4.....6-3-6.....up to 12-6-12 (*with good posture*)

Slow Leak Hiss (*no more than 2-3 at a time --- and never while driving!*)

DICTION EXERCISES FOR SPEAKERS, BROADCASTERS, ACTORS & SINGERS:

Go slowly and exaggerate the consonants and endings of each word.....use more of your facial muscles than normal

Always **Exaggerate** the **Ending** of **Each** **Word!**

PUTIKA BUDIGA (*air consonants vs. voice consonants*)

Red Leather, Yellow Leather (*wide, open mouth*)

Unique New York, Unique New York
You know you need Unique New York
(*accent on the k's and n's very clearly.....slowly at first then faster*)

Many Mumbling Mice Are Making Merry Music In The Moonlight. Mighty Nice.
(*vibrate the M's in the beginning*)

The Lips, The Teeth, The Tip of the Tongue (*clean, crisp, ending consonants*)

Young Girls, They Call Them the Diamond Dogs (*clean juncture between g-G and d-D*)

Rabbits Run Rapidly in Red Rain (*strong lip tension, not touching teeth*)

Little Laura Lives in the Land of Lithuania (*British – bite the tongue on the L's*)

BAD FOR VOCAL HEALTH: Smoking, caffeine, alcohol, stress, screaming, speaking gutturally

GOOD FOR VOCAL HEALTH: Water, sleep, vocal rest, vitamins, exercise, Sirens/Yo-yos, certain teas/cough drops, a comfortable healthy uninhibited attitude for creative expression

FOR MORE INFORMATION, OR TO WORK WITH LAURA KESSLER:
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