VOICE WARMUP

• Body warmup

• Relaxation

• Breathing
  • S- and tj- sound, stand up, in different rythms
  • Sit down in couch man position
  • Movements (skiing, downhill, tennis, chopping wood etc.)
    Involve the whole body in a gentle way

• Voice
  • Yawn
  • H-like sound
  • B-like sound
  • M-like sound
  • Different movements (sumo wrestling, boxing, chopping wood etc.)
  • Different rythms and different vowels after and in between the consonants. With a ”big mouth”, like an opera singer.
  • Say some words first 1 or 2 syllable, after a while sentences.
  • Make it soft and gentle.
  • Articulation excersices, /bra bro bre/ /pra.../ /spr.../ straviaraspra....strevirespre..../

GOOD LUCK!