

Practice Routine 2

This text lesson outlines your second series of lessons and practice routine.

Use this as the reference guide for your next steps and your daily practice. You can print it out as well as save it to your “favorites” on your student page for easy reference.

Quick Fix Exercises: Range-Tone-Resonance-Flexibility

The exercises of this series can be done after any of those in the Warm-Ups and Cool-Downs Section. If you do these before you begin the Warm-Up series, that’s fine. However, if that’s the case, please do go back to routine 1 for the important experience and achievements that Routine 1 has to offer you and your voice.

HOW LONG TO PRACTICE ROUTINE 2: Minimum time – five days to one week.

If you want to take longer with this routine, that’s fine. You will feel your voice improve as you go through each exercise in sequence. You will feel even more difference in your voice with each successive day of practice. Please be sure to sing at least one song after this exercise routine.

PRACTICE TIME: As long as you wish and have available time each day. You can repeat any that you’re still learning or feel you wish to do for a longer period of time. If you can, do the entire routine daily. For best results: Usually a vocal routine of a minimum of 20-minutes, done as close to daily as possible, will show the best results in your voice.

You can go through these Quick Fix Exercises as many times in a day as you wish. They will continue to give benefit and build your voice by repetition.

As you move forward with each exercise video, work with me to become familiar with each. These exercises are straightforward, but require repetition to learn and do correctly. As you continue to improve your approach with each from day to day and the more you practice them, the better the result.

- Use the information videos to learn each and then practice with my coaching videos. To receive the most benefit, keep referring to the video lessons (as well as my

responses to other student VEs) on how to do each until you are sure you have fully learned each and so receive the most from them.

- 1** If desired, do any of the exercises in the Warm-Up Section.
- 2** Go through each exercise in this Quick Fix section.
- 3** Sing one or more songs and feel the results!

WHEN TO MOVE ON: Practice the exercises in this routine until you are able to do each in the way I instruct you. Each exercise has a very specific focus – both mental as well as physical. As you practice each, you will be able to peel away certain bad habits and muscle tensions. This transformation will show itself in your singing voice: You will find singing easier, with better tone, quality as well as improved flexibility in your voice and range as you sing your songs.

When ready, move on to Practice Routine 3.

NOTE: As you move forward in my program you will find different exercise routines will alternate with each other and I will provide you with different practice options. Whether you are already a Pro singer or just starting out, we are building your voice step-by-step and this is just the start!

ADDITIONAL LESSON OPTIONS DURING PRACTICE ROUTINE 2:

While practicing the Routine 2 exercises, you can also view any of the following video lessons if you desire and as you have time:

Keeping Your Voice Healthy

Song Performance & Development

Auditions

Working with Your Mic & Sound Equipment

Harmony & Group Singing

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