

Practice Routine 5

This text lesson outlines your fifth 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.

Freeing Your Voice

Congratulations for arriving at this step in the program! With the two vocal exercise routines of “Freeing Your Voice,” you are on your way to many vocal breakthroughs as we build your voice and discover all the things it really can do.

How Long to Practice Routine 5: Approximately two to four weeks.

PRACTICE TIME: As long as you wish and have available time each day. Try to do the entire routine daily. As you see, there are some video lessons to watch first and then to your rib cage exercises we add new vocal exercises. For best results, a vocal routine of a minimum of 20-minutes, done as close to daily as possible, will show the best results in your voice. But remember that something is always better than nothing if you’re truly short on time.

1 Go to Section: Freeing Your Voice and Watch:

- “The Mind-Body Connection”
- “Resolving Traditional Confusions”
- “Head Voice, Chest Voice – What’s it All About?”
- The “What-If” Approach
- “Important: Vocal Exercise Information & Tips”

2 Exercises: Vocal Ease & Flexibility

- Watch and begin learning each of the vocal exercises
- Watch the last video in this section: “Your Practice Routine and When to Move On”

Your New Practice Routine

(You can do the vocal exercises at some point later than the rib cage exercises.)

Practice: Rib Cage Exercise 2: Preferably 3 sets

Practice: Rib Cage Exercise 3: Preferably 3 sets

Practice: Vocal Exercises: Vocal Ease & Flexibility - all

Practice Songs: Of course you can additionally practice songs and use the tools and techniques of “Singing Songs Better” whenever you wish to directly advance your voice in the context of a song you wish to work on.

Your VEs: After you’ve practiced these vocal exercises and feel like you are learning how to do them by referring to the video lessons and my coaching as well as the tips I have given other students in VEs, pick one exercise and send me a VE of yourself doing about 2 to 3 minutes of it. Use my video accompaniment when you do this. I’ll give you feedback and suggestions on what to do next.

I also would like to receive a VE described in the video: “Your Practice Routine, When to Move On.”

WHEN TO MOVE ON TO PRACTICE ROUTINE 6: You can move on to the next series of vocal exercises when:

- ✓ You can do these exercises more easily (does not have to be perfect);
- ✓ You feel an increase of flexibility and ease in your voice as you do the vocal exercises as well as when you sing songs;
- ✓ You can keep your jaw open and unmoving as you do the all-vowel vocal exercises.