

LCC Rehearsal Check-in

Put music on. Greet everybody. Smile!

We're going to spend a few minutes checking-in to make sure we're in the right place to be the best we can be at rehearsal tonight

You might want to close your eyes or otherwise you can choose a point of focus somewhere in the room so you don't get distracted

1. First of all, just take a few moments to enjoy a wonderful feeling of calmness
2. Take in some nice deep breaths. You might want to sigh off the day you've been having up to now.
3. Start to connect with yourself as a singer...
Start to engage your body:
 - Stretch up through your spine
 - Check your posture, balance your weight, do what you need to do to raise your ribcage
 - Start to engage with your core muscles. Get your thighs and hips involved
 - Wake up your face. Is it ready to perform?
4. Now connect with your instrument. Expand all those breathing spaces. Start to engage your breathing muscles.
5. Finally take a moment to connect with your emotions
 - Connect with how you feel about being a part of Lace City
 - Choose an intention for how you are going to sing tonight
 - If you are in a leadership role this evening, just take a moment to be clear about your intention for your sessions this evening

I think we're ready. Thank you!