

Warming up – the How and Why

1. Physical warm-up to get the body engaged, blood pumping, everyone moving together
2. Physical Stretches, including shoulders, neck, lower back, legs, ribcage, hips and face to rid body of daily stress and prepare for singing.
3. This logically leads to posture and alignment
4. Breath work – continues the relaxation and emphasizes alignment work
5. Explore ranges, starting with easy mid-range – spoken or sung or bubbled
6. Bubble easy pattern in midrange, working up by half steps. Emphasis on making new space for new key and breathing in new key. When you hear strain in voice, stop and give new instruction to counteract, go back where there wasn't strain and go again. Your goal is just to go from mid- to comfortably high, not to top everyone out.
7. Start again in mid-range with emphasis on sound in mask, use hum (ah inside, lift in face) or sizzle a 'VVV' on simple pattern working down in range. Again, don't bottom out – comfortably low and then back up.
8. Work connection between ranges using glissando exercises with kinesthetics
9. Combine interval work with range stretching, both up and down.
10. Work agility with more complex patterns that require singing in meter across register changes, negotiating higher and lower ranges. Start using starting points that are randomly high and low rather than working in half steps.