

# U3A Shoalhaven - Learning to Sing Workshop

February, 2021

**STANCE:** Comfort and security for the body

For sight and holding music

**BREATHING:**

Mouth Shape



Drop Jaw (Use a mirror)

Think of being in a cathedral!



Don't pull lips back

Muscles involved - diaphragm and intercostal (wide belt)

Imagine corkscrew - arms go up; breath goes down. Here is a tip. Place a hand on your stomach and take a deep breath with your diaphragm. You will feel your hand moving outwards as your stomach fills with oxygen and then slowly exhale. Again you will feel your hand going inside as the stomach deflates. This is the proper way to breathe.

Exercises

1. Yawning
2. Exhale on ssssh
3. Haw - arc to the back of the room
4. Clock - 2-10 breathe in; 10-2 breathe out
5. Snake exhale while walking

**VOCAL PREPARATION:**

Thinking The way we think (or don't think) about our approach to singing will result in projection of sound (or not).

1. Don't be afraid to sing out...open your mouths
2. In your mind think down for high notes and up for low notes...this is especially important for staying on pitch and for maintaining the quality of the sound throughout your range.

Open Mouth (as above) Speak ah, ay, ee, oh, oo Try not to move jaw, lips too much...use your tongue.