

# SING

THE COURSE

## *Introduction to Module Two* *Warm Up Like a Pro*

*Congratulations on learning to connect to your breath!* I hope you feel more grounded in your breathing and more centered in your body. In this module you will learn how to warm up your voice and body like a professional singer, speaker and performer. The tips and suggestions in this section will help you become more flexible, strong and capable of having the voice you dream of having!

This Module is Divided into Four Sections:

WARM UP YOUR BODY

SIRENS AND TRILLS

VOCAL SCALES

WARM UP YOUR VOCAL ZONES -LOW - MIDDLE - HIGH

WARM UP YOUR SPEAKING VOICE

Once again, I celebrate the fact that you are taking the time in each section to really get the basics needed to become the best singer you can possibly be. Even after 25 plus years as a professional singer, I go back to these basic skills daily, to keep myself in the physical and vocal shape I need to be in to perform at my best!