

SING

T H E C O U R S E

Warm Up Your Body

Your body is your instrument, so doesn't it make sense to physically warm it up before you sing? Singing is a sport! And you are an Athlete! Having been a serious athlete and a professional singer for over twenty-five years, I can tell you that singers must have strong and flexible bodies in order to sing for any length of time. You want to get your entire body ready to sing, not just your vocal muscles.

Here are the warm up's I recommend. These can be done anywhere, even back stage before you sing.

I. CONNECT TO YOUR BREATH

Connect to your breath with the breathing exercises I showed you in your first lesson.

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2. FORWARD BEND

Bend over and hang at the waist, completely relaxing your head. In yoga, this is called a forward bend, a calming posture that lengthens the hamstrings and activates the inner legs. Come to standing, feeling grounded. On an exhale, move from the hips to fold your torso over your legs. Place your fingertips or hands on the floor in front of you. Inhale, extending your chest forward to lengthen your spine. Lift the knee caps gently. Then relax back down into your knees, extending the crown of your head, back down to the floor, and draw your shoulders firmly onto the back. Bring your gaze to the shins. Relax your head and neck. To come out of forward bend, inhale, engage your core to protect your back, and rise to standing.

3. STANDING EXTENSION BACKWARDS

Stand with your feet shoulders width apart. Place your hands in the small of your back for support. Slowly lean backward increasing the arch of your lower back until you feel a mild stretch in the abdominal muscles and slight pressure in the lower back.

4. TOE RAISES

Stand on your toes and then lower your feet back to the floor. Move up on your tiptoes, and then drop back to the floor and bend your knees. Feel your feet ground into the floor and feel your inhale go all the way down to your toes. On your exhale, release the day's tension and any nerves you may have from your body.

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5. STRETCH YOUR SIDES

For this area of your body, raise your hands above your head, and grasp your hands together as if in prayer. Lean slightly to the right holding this stretch for 15 seconds. Come to the middle. Now, lean to the left, holding it for another 15 seconds. Next, relax your hands down to your sides, and gently start to swing side to side, allowing your arms to swing in a relaxed manner. Do this until your sides feel warm, supple and relaxed. Swivel your hips around to release any tension held there. I like to do a ballet stand where I pull one leg back and up.

6. STRETCH YOUR NECK

Stretching your neck needs to be done slowly with intention and purpose, so that you do not strain your muscles. Turn your head side to side, with your inhale and exhale gazing over each shoulder. Gently drop your left ear toward your left shoulder and pause. Inhale and as you exhale, drop your head a little farther toward your shoulder. Repeat several times, and then repeat the sequence over your right shoulder.

7. STRETCH YOUR FACE

Gently move your facial muscles around and then move your tongue in and out, sticking it out as far as possible, while relaxing your face muscles at the same time.

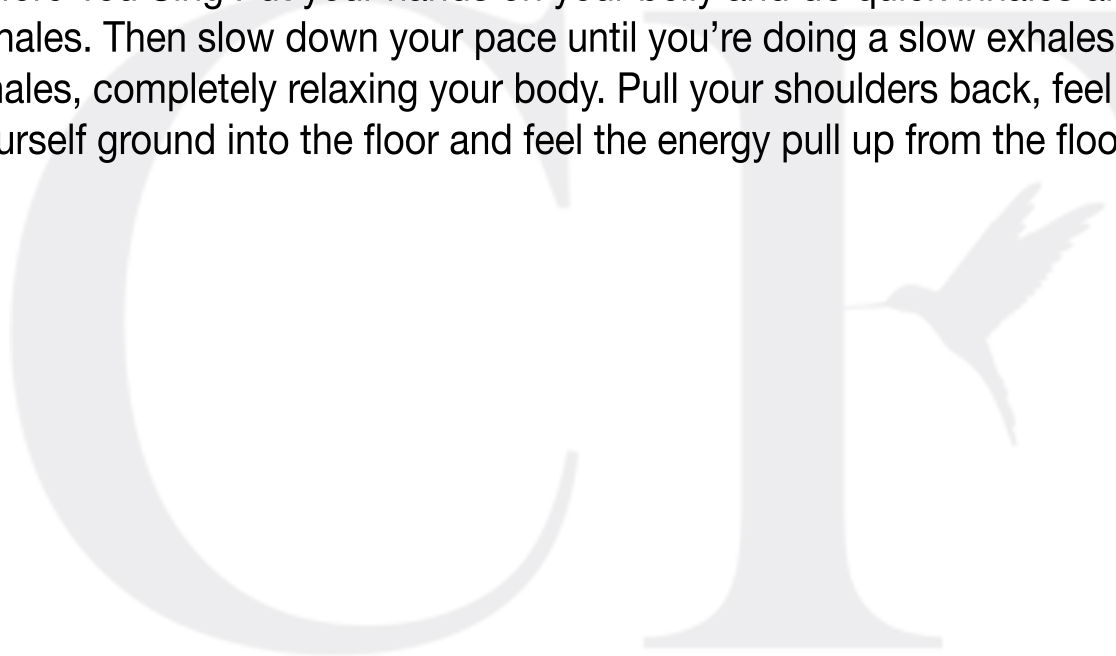
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9. RECONNECT TO YOUR BREATH

Before You Sing Put your hands on your belly and do quick inhales and exhales. Then slow down your pace until you're doing a slow exhales and inhales, completely relaxing your body. Pull your shoulders back, feel yourself ground into the floor and feel the energy pull up from the floor.



CAROL FRAZIER

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THE COURSE

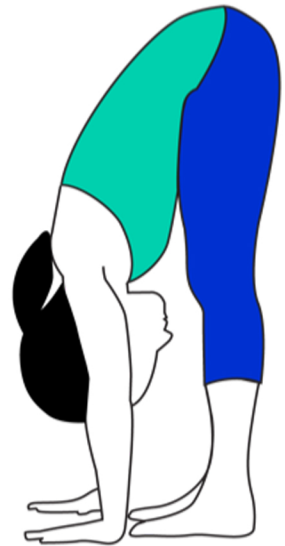
FORWARD BEND



1. Bend over to a forward bend
- option to have hands on a
block in front of you



2. Now come up to a flat back
with hands below knees



3. Relax back down into
a forward bend