

# SING

T H E C O U R S E

## *SING Opera*

First, let's breathe in a big inhale through our noses as if you're taking in the smell of a flower. Do you feel your throat open and the *larynx* drop?

Second, yawn really big, until you're really yawning. This opening of the throat, the tongue relaxed and back, with the larynx down is the perfect placement for a full open opera sound.

I often tell singers to open their throats so big, that a golf ball could literally fall down their throats. Let's start there. Yawn as big as you can. Open your throat as if there is a ball in there and now do the rolling exercises.

**YAWN** (5,4,3,2,1)

**OO** (5,4,3,2,1)

# SING

T H E C O U R S E

Now, do these exercises again opening even more. Visualize the sound going straight up your throat and out the crown of your head, as if you drew a straight line from your throat to your head.

**YAWN** (5,4,3,2,1)

**OO** (5,4,3,2,1)

This time, I want you to be an actress or actor. I want you to imagine you're bigger than life on an opera stage and you have a British Accent. These exercises and more are available in your bonus download section.

**YAWN** 5,4,3,2,1)

**OO** (5,4,3,2,1)