



## 3/5 Management of collective vocal practices Tours, 18/22 – Saint-Lô 23 October 2014

### Tuning in our body for singing

	M	
	Tee Crown Tee	
	Ree Forehead Ree	
	Doo Eyes Doo	
	Kee Cheekbones Kee	
	Buh Upper Jaw Buh	
	Moi Mouth/lips Moi	
	Coeur Heart Coeur	
	Puh Chest Puh	
	Je Solar plexus Je	
Oo-ah	Rib swing	Oo-ah
Uh-ha	Hips and pelvis	Uh-ha

This sequence I have adapted for singing and for French from Kristin Linklater's *Freeing Shakespeare's Voice*. It starts at the bottom moves up to the top and then from top to bottom. Breathe whenever you need to and as you vocalise feel the sound in the body. They can be pitched wherever is comfortable in your range but try to feel the sound where the focus is, it is normal to feel movement elsewhere in the body. All sounds have a vocal quality but are not really sung.

Legs and pelvis: rotate hips - releasing the lower abdominals and this diaphragm  
Rib swing: hands under floating ribs/waist for rib swing release - good for singers

Solar plexus: Palm of hand in centre of torso

Chest: fist on chest bone in the centre

Heart: hand on heart

Mouth/lips: kissing lips

Jaw: fingers on upper jaw - feel the upper teeth

Cheekbones: finger on 'Apple pie' cheeks

Eyes: 'glasses' around eye sockets - owl sound

Forehead: stroke horizontally from centre to side

Crown: M with two hands on top of head like Mo Farah

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