

KINESTHESIA AND THE VOICE II

Big Muscles Win!

KINESTHESIA: The sensation of bodily position, presence or movement resulting chiefly from stimulation of sensory nerve endings in muscles, tendons and joints.

Elements necessary to free the voice:

- Relaxation and Alignment
- Breath
- Resonation
- Freedom and Artistry

RELAXATION

(from "The Perfect Blend" Dr. Timothy Seelig)

- Massage Train
- Karate Kid
- Pat-Down
- Loosen Up
- Give Yourself a Hug

BREATH ("The Perfect Blend")

- Farinelli
- Paper in Front of Mouth--"Making More Sense of How to Sing"
Alan J. Gumm

RESONATION (“Making More Sense of How to Sing”)

- Raised and Open Soft Palate
Open your mouth and place an upright finger behind the top front teeth.
- Thumbprint
- Draw the tone wide

PASSAGGIO

- When the notes ascend, point down.
- When the notes descend, point up.
- Flip the hand on the flip of the voice.
- Hand on the nose through slides.
- Entwined fingers releasing through passaggio

FREEDOM AND ARTISTRY—(“Excellence in Singing” Caldwell/Wall)

- Hand Dance