

# Balanced Music School

## March Wrap-Up and April Happenings!

### Events at a Glance

**April 23** 5:30pm- Beg/Int Voice Class Recital

**April 25** 7pm- MT Class Recital

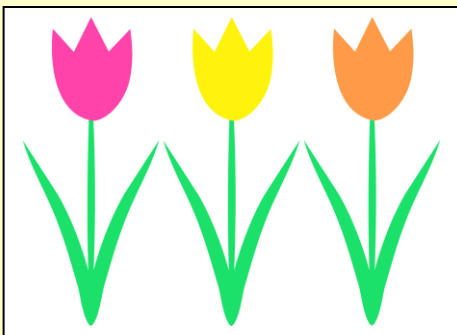
**April 27** 2pm- Faith Recital

**May 4** Time TBD-Jack Recital

March is gone and April is almost over and now we must look ahead to recital and show season!

-It's recital season at UNC-Chapel Hill and Tommy is playing for most of them! Check UNC's music department calendar for all the dates and times! <https://music.unc.edu/events/concert-series/studentrecitals/>

Stay healthy through the end of school!



-If you have a concert or show with ANY company please let us know! We try to attend all of our students' shows when possible.

-If you know of auditions, shows, fundraisers, or anything else arts related, please let us know! We're always on the lookout for opportunities for our students to participate in or see!

## Apple Cider Vinegar Uses for Health and Singing\*

### *In this issue:*

- March Wrap-Up**
- Apple Cider Vinegar Uses**
- Ways to Follow**
- Yoga Pose of the Month**
- Water Tracker**
- Practice Tips**

Apple Cider Vinegar is one of the best ways to keep up your immune system, stabilize your metabolism, maintain proper alkalinity, and lubricate the throat and digestive tract. You want to look for unfiltered bottles with the "Mother" in them, guaranteeing that you are receiving the full benefit from it. The Mother is a web-like brown molecule mostly made up of pectin, which is the active ingredient in most cold lozenges. ACV is also high in potassium, which most of us are deficient in and calcium which helps us to maintain strong bones and aiding in the absorption of other minerals.

How do I take it? Tommy and Bizzy take 1.5-2oz. of ACV in 32oz. of filtered water daily. If you are consuming it for metabolism purposes, take 1-2 tsps in 8 oz. of filtered water, with 1 oz. of natural wild honey (optional) 30 minutes before meals.

Things to keep in mind: ACV is an acid, this means you should rinse your mouth out with plain water after consuming to reduce the stress on your teeth. Do not take it by itself, ACV is like a sponge, pulling toxins out of body tissues, so it may cause discomfort and will definitely irritate the trachea.

For singing: if you are feeling particularly mucous-y, are getting over a cold, or need to sterilize/detox after a jaunt in public with sick people, put 1.5-2oz. in 32 oz. of water and drink slowly over 2 hours.

See Bragg's website for more information and recipes: <https://bragg.com/products/acvFAQ.html>

\*Keep in mind that we are not doctors. Use at your own risk.





Atlas of the Human Body by Vigué-Martín

## Help Us Help You!

This year we are really trying to teach more students. To do that we need your help! Please follow us on social media at the handles below, and post a positive review on Yelp if you feel so inclined. Tag us anytime! More students would allow us to coordinate more masterclasses, studio classes, recitals, create a summer camp of our own, and many other things that would increase opportunities for you as well!



@BalancedMusicS



@BalancedMusicSchool



<https://www.facebook.com/balancedmusicschool/>



<https://www.yelp.com/biz/balanced-music-studios-chapel-hill>

## Yoga Pose of the Month: Prasarita A (or Feet Spread Forward Bend)

The Standing Sequence

### Prasarita Padottanasana A

Prasarita = Spread Out Pada = Foot Uttana = Intense Stretch  
"Feet Spread Intense Stretch Posture"

- 1) **Inhale** jump or step a quarter turn to your right. The feet should be the same distance apart as the previous posture with the outer edges of the feet parallel. Arms outstretched, parallel to the floor.
- 2) **Exhale** lower your hands to your waist.
- 3) **Inhale** lift your chest. Open the heart and gaze upward. **Do not collapse in the lower back.**
- 4) **Exhale** fold forward, hands to the floor between the feet with the legs active (A) or rest your hands on the shins (B). You may also bend the knees and take the hands to the floor (C).
- 5) **Inhale** as you lengthen the spine and gaze to the horizon.
- 6) **Exhale** fold into the posture at the appropriate level for you as shown in (A), (B), or (C).

**Remain Here For 5 Deep Breaths**

- 7) **Inhale** lengthen the spine and gaze to the horizon.
- 8) **Exhale** bring your hands to your waist with a flat back.
- 9) **Inhale** come all of the way up to standing.

Enter Prasarita Padottanasana 'B' from Here  
Drishti ~ Nose

34 The Standing Sequence

Yoga is one way that helps keep the body balanced, which is critical to be able to play and sing to the best of your ability. When practicing these poses, focus mostly on the breath and the release of tension where it's not needed. Inhale through the nose, lifting the soft palate, and enjoying the openness of the throat. As you exhale, remain open, without clenching, through the chest, throat, soft palate, and belly areas. All poses should be comfortable. Stretching is good, pain is not. If you cannot breathe, you are too far down in the pose. There is no prize for getting to the end! The beauty is in the process.

Picture Credit:  
Ashtanga Yoga: The Practice Manual  
By David Swenson

### Water Tracker

Musicians need tons of water every day to stay hydrated and in top shape for performances. You'll be surprised how good you feel! Aim for half your body weight in ounces per day; don't drink a ton before lying down due to reflux; shoot for 8 oz. every hour when possible. Make a check mark for every 8 oz. you drink!

1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28

## How do you Practice?

Practice technique is something that doesn't come naturally to most. So many singers go into a practice room and just sing their pieces over and over and over again and then wonder why their voices are tired! There is, however, a method to our madness here at BMS! Here is a general outline of the areas of practice to hit each and every day (ideally!).

- Warm-Ups- do these before ANY vocal activity! This includes football games, concerts, recitals, speeches, plays, and anytime you know you will be talking in a loud place
- Technical Work- this includes breathing/appoggio exercises, vowel work, and vocal "eases."
- Text/Dramatic Work- practicing monologues, marking beats, writing out "chapters," etc.
- Repertoire Work-working through each phrase of your pieces melodically, vowel work, breath decisions, memorization, researching the background of the piece, etc.

## Ways to Practice without actually using your voice

1. Write out your text over and over in order to memorize it
2. Listen to multiple recordings to decide which artistic decisions you like and which decisions you don't like.
3. Play the melody on the piano
4. Breathe 😊
5. Listen critically to professionals and hear how they place their vowels and how they use their consonants
6. Watch shows
7. Mark your beats and complete your background analysis of the text
8. If working on a foreign language piece, translate the text
9. Foreign language- make notecards to memorize the translation
10. Make recordings of the text and melodies for yourself
11. Read!
12. Listen and Act!
13. Do Balanced Resting State
14. Think through your piece
15. Soft palate stretch
16. Observe your mouth and articulators in a mirror
17. Listen to recordings of your lessons again