



Vocal Workshop

FOR HUMANIST WEDDING CELEBRANTS

Po Midwinter | Vocal Workshop | November 2020

Posture

1. Raise shoulders and release them. Hug yourself to open up the ribcage. Roll shoulders.
2. GENTLY Drop chin, gently raise, gently tip head left and right nice and slow.
3. Draw figure of eight with nose.
4. Raise arms and slowly sink down.
5. Find 'neutral' position.
6. When standing, feet should be shoulder width apart and evenly distributed, shoulders down, back straight but not stiff. Pull tummy in to support.
7. Remember:

*Voice work makes use of the whole body from head to toe. The way you stand, the angle of your head, the drop of your shoulders, the position of your spine and pelvis all contribute to the production of a strong voice. Speaking (and singing) is really the end result of a whole series of reflexive physical actions and body placement which you simply must become aware of in order to gain **mastery and control** over your vocal instrument.*

8. (Patsy Rodenburg, 'The Actor Speaks')

Breathing

Remember that the breath is the power behind the voice, if we control the breath, we have a better chance of controlling the voice.

1. Relax your stomach to allow it to inflate when breathing. Sit up straight to allow your lungs maximum filling space.
2. Breathe in slowly and out slowly. In through your nose and out through your mouth.
3. Breathe in slowly through your nose, then on the exhale count aloud slowly.
4. Now try and count higher by taking a larger intake of breath.
5. Now breathe in for a count of five, hold for a count of five, and then breathe out for a count of five.

Vocal Warm Up

1. Breathe in until you feel your lungs are full, and then breathe out with closed lips, activating the voice by humming. Try and make your lips tingle when humming – this is known as forward placing of the voice.
2. Breathe in until full, breathe out with closed lips on a hum, and then open your lips to produce an ‘Aahhh’ sound.
3. Now take a deeper breath and make a louder sound on the ‘Aaahhh’.
4. Now breathe in, hum then ‘Aaahhh’, and then hum again.
5. Flutters – a fantastic strengthening exercise. Forgotten how to do it? Check out this video on my YouTube channel:
<https://youtu.be/Jro8LZjkMqo>
6. Creaky door
7. Tongue exercises - PDF
8. Count from 1 to 20, nice and steady.

Drilling

Very useful for increasing articulation accuracy, and practicing trouble consonants.

Mine is 'r' ☺

th	th	th	th
th th	th th	th th	th
th th th	th th th	th th th	th
th th th th	th th th th	th th th th	th

w	w	w	w
w w	w w	w w	w
w w w	w w w	w w w	w
w w w w	w w w w	w w w w	w

v	v	v	v
v v	v v	v v	v
v v v	v v v	v v v	v
v v v v	v v v v	v v v v	v

r	r	r	r
r r	r r	r r	r
r r r	r r r	r r r	r
r r r r	r r r r	r r r r	r

3. To find the right jaw width for vowel production, use your thumb / finger / wooden spoon / cork etc. say these words (I'll know you're all done when you put your fingers down)
 - a) Boo, Four, Car, Day, Geek, Lie, coop, Horse, Raft, Pipe, Jay, See, Quark, Move, War, Tidy, Navy, Yeast, View, Zoo, Extra.
4. Now repeat the exercise without the obstruction, but maintaining the jaw width.
5. Now, using that jaw width, try some long vowel words:

amuse	launch	task	alike	acorn	illegal
balloon	moreover	vase	blind	behavior	jeans
chew	naughty	yard	climbing	convey	knead
exclusive	ordeal	Zimbabwe	diet	disgraceful	litre

6. Then some sentences, we'll each do one and go round. Exaggerate the mouth shape, widen the jaw, drop the tongue, send the sound forward:

1.	Three grey geese in a green field grazing.
2.	A proper copper coffee pot.
3.	Red lorry yellow lorry. (x3)
4.	The pert peddler prated proudly to the petty prince about his pretty prints.
5.	What a to do, to die today, at a minute or two to two.
6.	Chicken tikka chicken tikka chicken tikka starter with naan and pilau rice
7.	Who would talk of parks must learn and tend his trees
8.	Equity deputy (x3)
9.	Seth at Sainsbury's sells thick socks
10.	I wish to wash my Irish wristwatch

I am not asking for any money for tonight, but perhaps you could follow me / share my pages to other people to help widen my influence? That would be amazing! My links are all here:

<https://midwintertuition.co.uk/social>

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