

# Top 10 Tips For Lowering the pitch of your voice

1. Good breathing practice – breathe from the diaphragm.
2. Good posture – don't allow the chin to sink, keep the shoulders relaxed
3. Relax the jaw – use massage to relax the joint and stretch it when you can – lion
4. Drop the tongue – as though about to yawn
5. Work your way down the pitch in practice
6. Use individual words, then short sentences
7. Use longer sentences
8. Use downward inflection on statements to start
9. Avoid monotony.
10. Practice makes perfect

For more info, check out this information in detail on my podcast:

1. Jellycast - [here](#)
2. iTunes – [here](#)
3. Soundcloud - [here](#)