

EXERCISES FOR THE BODY

Notice the body.
Move the spine in all directions,
lubricate the joints,
and hydrate the muscles and connective tissues
to get the entire body open and ready to project your VOICE!



BODY AWARENESS

NOTICE your base of support, your foundation - are you standing with equal weight on your feet?

NOTICE your knees and hips - are knees stiff and locked? Is one hip higher than the other or more forward? Is one tighter or looser?

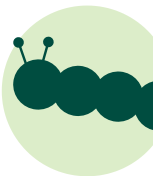
NOTICE your shoulders and neck - any stiffness? Is one shoulder higher than the other? Is your breathing labored or calm?

WARMUP THE SPINE

Turn the head left & right 3x
Imagine the head and neck moving slowly and smoothly as the eye look across an imaginary horizon

Twist the upper body to the right & left 3x
As you twist, imagine wringing out a sponge filled with water and soap

Bend to each side - 3x
imagine letting water pour from your head to the floor like a waterfall



MOVE THE JOINTS

Elbow Circles 3x each direction
Hands on shoulders; point elbows up, back and down in a circular motion

Hip Circles 3x each direction
Hands on hips; move the hips in circles as if drawing circles on the floor below you

Knee Bends 3x
Softly bend and straighten the knees as if you are bouncing on a mini-trampoline

MOVE THE MAJOR MUSCLES

Floor Reaches 3x
Stand with legs wider than shoulders; bend knees and pretend to pick up something from the floor

Arm Push/Pulls 3x
INHALE and bend arms toward the body
EXHALE and push arms forward as if pushing a heavy piece of furniture

Hand Carries Heart 3x each way
Palms face up; Place one hand on top of the other and keep them together; Move the hands right & left, then in a large circular pattern up, out the side, down, and out to the other side

