

BASIC TIPS FOR VOCALIZATION

<p style="text-align: center;"><u>POWER SOURCE</u> BREATH- POSTURE- ALLIGNMENT</p> <ol style="list-style-type: none">1. Hissing breath exercise2. Power breathing exercise3. Instant invigorator exercise4. Floor or Wall Exercise5. Ski-Jump Exercise- Center of Balance	<p style="text-align: center;"><u>VOCAL MECHANISM</u> LARYNX- VOCAL FOLDS- TENSION RELEASE</p> <ol style="list-style-type: none">1. Yawning2. Lip Trills3. Move Head Side to Side4. Slides5. Sirens
<p style="text-align: center;"><u>RESONATORS</u> CHEST- THROAT- MOUTH- NASAL</p> <ol style="list-style-type: none">1. Front-Back Tone Placement2. Nyaah- Nyaw- Na- Text3. Hand Placement4. Ion Canon- Vocal Direction	<p style="text-align: center;"><u>ARTICULATORS</u> LIPS- TEETH-TOUNGUE</p> <ol style="list-style-type: none">1. Tongue Twisters- Peter Piper2. Voiced Consonants3. Unvoiced Consonants4. Facial exercises/Facial Yoga5. Tongue Exercises