

Movement for Voice Exercises- Week 1

Aim

Posture Awareness and Alignment

STANDING POSTURE

Start with your feet together then separate the heels and bring the toes in line

Stand with your weight resting slightly more into your heels

Keep your toes in contact with the ground
Unlock your knees

Unlock your hips and pelvis

Rock your pelvis forwards and backwards, then let it rest in a neutral position

Let your ribs settle comfortably over your pelvis

Open up through the collar bones

Find length in the back of your neck

Maintain this position for 5 breaths



LYING POSTURE

Lie on your back with your knees bent and feet on the floor

Start with your feet and knees together then separate the heels, then the toes and bring your knees in line

Tuck and tilt your tail bone to flatten and arch your spine

Let your pelvis rest in the neutral position with a gentle curve in the lumbar spine

Let your lower rib cage sink heavy onto the ground

Gently open your collar bones

Find length at the back of your neck

Maintain this position for 5 breaths



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