

Movement for Voice Exercises - Week 2

Aim

To increase awareness of head, neck and shoulder girdle whilst vocalising.

To increase control of shoulder girdle.
without placing tension through the neck.
Excellent for encouraging free neck & head movement
for voicing.

PRONE SCAPULA STRENGTHENING

Lie on your tummy with a towel or head support
resting under your forehead

Open the front of your chest, drawing your shoulder
blades across your upper back

Float the hands off the floor

Return your hands to the floor

Return your shoulder blades down

Repeat 10 repetitions x 2 sets



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