

Movement for Voice Exercises - Week 3

Aim

To mobilise the thoracic cage to optimise breath

THREAD THE NEEDLE

Position yourself on all fours

Reach one arm through and let your ear and shoulder rest onto the floor, inhale

Use your grounded hand to press yourself further into the twist as you exhale

Inhale to prepare

Exhale as you open up and twist the other way, reaching to the sky

Repeat 3-4 times each side



BOW AND ARROW

Lie on your side, knees bent up, arms out in front, and a pillow supporting your head

Hold onto the chest with your top hand

Twist around to stretch the rib cage

Optional variation is to extend the top arm long

Repeat 8-10 times per side



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