

Movement for Voice

Top Take Away Tips - Week 6

POSTURE: a dynamic posture will allow your muscles and larynx to rest in the most efficient position for voicing. Consider the following...

WEIGHT PLACEMENT: stand with your weight slightly further into your heels so that your knees and hips can unlock

PELVIC POSITION: your pelvis should be upright. Try tilting it forwards and backwards, like a bucket tipping water out the front and back, then let it rest in the most upright/neutral position

RIB CAGE PLACEMENT: your rib cage should be sitting comfortably on top of your pelvis, allowing breath to fill all aspects of your lungs

THORACIC MOBILITY: increasing the range of movement of your rib cage can help you find a more natural and efficient position for your ribs, as well as allowing for an easier breath and more optimal head and neck posture

HEAD/NECK/SHOULDER BLADES: think about opening through the front of your chest, like you still have a coat hanger in your shirt. Grow tall through the back of your neck, like your head is a helium balloon and your neck is the string

Once you have achieved your optimal posture, bring your attention to your pelvic floor and lower abdominal muscles. Try standing on one leg - this allows these muscles to engage without undue tension

Remember, your posture is always dynamic.



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