

Voice Exercises

Isn't the human body totally amazing? (And we are just considering one small part, the physical aspect of you that produces your voice).

Did you know that your voice has the capability to produce at least 325 different pitches?

Did you know that apart from the muscles around your eyes, there are more nerves in the muscles of the larynx than any other muscle in your whole body?

Did you know that you use three quarters of your body energy to make a sound? This means that if you have an injury like a broken leg, arm, or a sprained muscle this affects the strength available for your voice.

You can appreciate how important looking after your voice is when it can be so easily be affected by stress or when we become over excited.

Voice training, including using exercises like these in the videos will help to increase vocal strength and the elasticity of your vocal chords, giving you a better tone, more volume and more durability.

Do not under estimate the power of doing these exercises. These small exercises will help you to get your voice into shape, and help you to control any quivering, squeaking, tremors and wobbles. Notice how doing them daily increases your volume and helps you to become familiar with this amazing instrument that lives inside of you just waiting for you to notice, and serve you well in your public speaking adventures.

Have fun!

Exercises for your Voice:

- **Kundalini Breathing** - to help clear blockages within the throat chakra.
- **Sirening** – to start to warm the vocal chords
- **Bubbling** – to start to wake up the sinus chambers which act as echo chambers for the voice. This exercise will also help you to understand how important creating and shaping sound is.
- **Vowel Sounds** – This will help you to place your voice in different scales and increase the strength,

<https://www.youtube.com/playlist?list=PLioptfC0vebdJ7gcZDnOw1glzuW-or0CI>

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