

Workshop

Vocal Aerobics 101

Presenter

Keleen R. Miskin

Effective Singing comes from finding **BALANCE** in the voice.

Balance is achieved by these three elements:

- a. Air (lungs)
- b. Muscle (vocal cords)
- c. A larynx that neither lowers or raises during singing but remains stable.

Everyone has certain tendencies in their singing voice that may cause these elements to suffer balance. It's important to discover what your vocal tendencies may be and then find effective vocal techniques to counter act those tendencies. This will allow singing to feel easier and more effective.

“Balance in the voice creates Beauty!”

Some Vocal Tendencies may be:

1. Airy quality in the voice
2. Strain or pressure in the voice especially when ascending in pitch
3. Flipping or cracking at certain pitches of the voice

Some good Vocal Exercises for my Vocal Tendency might be: (notes from class)

1. Lip Buzz (this is generally a great exercise for every voice type.
- 2.
- 3.

Never underestimate the power of the vowel in singing! Sing with true pure vowels.

Know the difference between a Vocal Coach and a Vocal Technician.

Practice until you **CAN'T** get it wrong!

“The only reason to master technique is to be sure the body does not interfere with the soul's free expression.” -La Meri