

5 things you can do right now to **STRENGTHEN YOUR VOICE**

BODY

- **Stretch.***
- **Stand with your head, shoulders, hips and feet stacked above each other.**
- **Release as much muscle tension as you can.**
- **Keep your body alert and aligned -as if you're a bit excited.**
- **Breathe low into your body - relax your abs!**

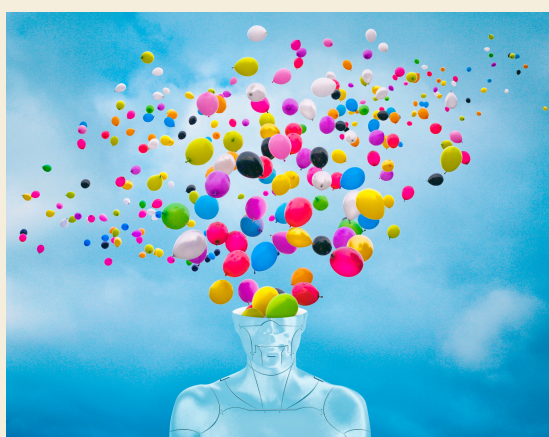


VOICE

- **Sing/Hum through something small - lip bubbles/ng/straws? ****
- **Practice with a warm up from the internet.*****
- **Do a warm up that has been created just for you.**
- **Book a singing lesson.**

EXPRESSION

- **Play with your voice, mess about with high to low , loud to quiet notes, make funny noises.**
- **Explore and don't judge, have fun (stop if hurts but keep playing if it feels "weird").**
- **Create or find a playlist that makes you feel joyful.**
- **Sing songs that make you feel joyful.**



MIND

- **Do something nice to relax your body and mind - have a bath, go for a walk in nature, meditate...**
- **Notice if your inner critic tells you you're no good, laugh at your inner critic and sing anyway.**
- **Laugh - watch a really funny tv programme, call that friend who makes you laugh.**
- **Sing with a friend.**

ENJOY YOURSELF

- **Speak as expressively as you can, using your full vocal range .**
- **And remember ...**
- **Stand tall, release unhelpful tension and**
- **ENJOY YOUR VOICE**





I'm Rebecca Schwarz.

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Based in the Midlands, (UK) & online.

**I work with people who want to explore what
their voices are truly capable of.**

**I specialise in working with professional
performers and anxious beginners.**

**I'd love to hear from you about anything voice
related, especially how I can help you.**

You can find me @

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Youtube - [Rebecca Schwarz Singing Lessons](#)

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Links

***Stretch and release exercises can be found
[HERE](#)**

**** The straw guru talks you through it. See
Info Titze himself. [HERE](#)**

**I have a YouTube video going through straw
phonation too, that's [Here](#)**

TUBES

**You'll see I use two different size tube/straws
in the video. You can buy lots of fancy tubes
and straws but I advocate using piping from
aquarium shops, and (now hard to buy)
cocktail straws.**

**I sell a very affordable voice care kit that
includes straws and tubes. You can buy it by
going to this link [HERE](#)**

**I have a few free warm ups on my YouTube
Channel such as this one [HERE](#)**