

Voice

An important part of the performing arts process is awareness of voice, body and breathing.

One of our most common tools of expression is our voice. Our body, the breathing and voice are closely connected. Breathing is life and voice is giving impulses.

Awareness of each function is essential – to use voice and breathing the way we want and need.

When connecting both body and voice, the voice can be used as impulse to movement and vice versa.

The following series of exercises is best done in a circle with the leader taking part of every instruction.

We focus on air, lungs, diaphragm, vocal cord, throat, mouth, tongue and lips.

Voice warm up

The whole group

Hold one hand in front of you and exhale towards it. Change distance and see how far you can hold it and yet feeling the breath.

Note what parts of the body is involved and active in the activity.

Face Massage

Massage your face with your fingertips as well as with the palm of your hands. Apply light pressure to your jaw and nasal-labial folds, also known as your laugh lines.

Make sure you also massage your forehead.

The Hummmmm

Stand with your back straight, and take a deep inhale that expands your diaphragm. During your exhale, vocalize the sound, “Hummmmmmm” until you have no more breath. Repeat five times.

Sound impulse

Pairs in the whole group

Sound impulses create movement

One is responsible to create sounds as an impulse to the other to move.

The one who is moving can start with sitting relaxed. The sound creator stands and must give vocal sound impulses in order to activate the other. After a while they can start to move around in the room, connected by the sound and movement.

The sound doesn't have to be concrete or remind of something.