

Bubble Instructions

Actual name of straw used in this way is “**Vox Tube**”

1. Start with optimal singer’s alignment.
2. Proper breathing helps.
3. Straw goes into the water about 2cm or so.
4. Seal lips around straw.
5. Sing “ooooo” into the straw.
6. Keep cheeks relaxed so you feel the bubbles in your cheeks.
7. Find the optimal straw depth to “balance” the feel of pressure.
8. Pay attention to the sensations of “Openness”, ease of voice, back-pressure equalizing to vocal pressure, larynx lowering, etc – and work to transfer all those sensations to “normal” singing.

Simply sing into the straw and try:

different vowels, dynamics, sirens, songs, exercises, and so forth.

OTHER INFORMATION

- Use during your warm up.
- Use to “reset” your voice during rehearsal.
- Use after rehearsal/performance to relax the voice
- Use when voice is tired, or you have a cold – to help warm the voice effectively.
- Use daily and multiple times 1-5 minutes, to train the voice to stay relaxed, and to raise your awareness of this more free and open (and very healthy!) kind of production.

OPTIMAL STRAW SIZE

- 7-10mm in diameter
- 30-35 cm long

Use in any water bottle or even a drinking glass (but leave room for splashing!!)



Improvement is immediate and often lasts a few minutes, but improves with extended use.

Improves support, timbre, vowel quality, consistency, richer higher harmonics, more precise and balanced onsets and releases.