

Consistent Breath Support For Artistic Musical Delivery

It is your mind, not your body, that is musical or unmusical

What is Artistic Musical Delivery?

You must have the perfect quality in mind or you will not sing it.

Breathing –

How does it affect artistry?

How can we develop it?

Exercises that build Breathing & Resonance to allow Freely Produced, Artistic Sound –

- **Core Development** – Begin to sing while sitting then slowly rise from the chair and note the core involvement. Lower body provides energy as core engages for breath energy.
- **Relaxed Inhalation**- Release jaw and breathe gently through the nose and mouth – feel the soft palate lift and relaxation in the throat.
- **Vowels floating on a well-supported column of air**- Use the sitting/rising exercise above while singing EE/AH/Oh exercise. In using the air effectively, we have freely produced, non-manipulated sound and vowel delivery – the foundation of artistic musical delivery.

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Connecting Mind, Body and Voice to Create Artistry

- Plan/Choreograph your individual breathing or vocal skill helps into your own performance
- Consistently use the exercises and movement to reinforce – it takes *time* to reverse years of bad habits
- Allow the movement to reflect the artistry

We are born to sing!

We spend years training ourselves to manipulate our bodies in hopes of creating a more perfect musical delivery. Allowed the freedom to work, our bodies know how to produce beautiful sound.

We just need to get out of the way!

E. Herbert Caesari, one of the most accepted authorities on teaching singing, said: “The subconscious mind knows exactly what to do, and how to do it. The conscious mind does not and will always mess up the voice if given the slightest chance.”