WARM-UP EXERCISES

POSTURE CHECK
Feet apart the width of the shoulders
Bottom tucked
Pull up from the pelvis through torso
Shoulders back and down - heavy coat on a wire hanger
Chin down and in
(ears over shoulders, shoulders over hips, hips over heels, a ribbon pulls you up through your spine from your waist through the top of your head)

RELAXATION
Shake out
Reach for ceiling
Arm circles
Back shrug and reverse
Assume posture
Rag-doll roll-up

BREATHING
Inhale nasally on 4 count - sigh out through mouth
Inhale nasally on 4 count - exhale through pursed lips on 10-15-20.
Inhale nasally on 4 count - Caveman grunt!!
Rib reserve
* Do above on floor and standing

JAW EXERCISES
Jaw massage
Two finger drop
Bite for finger

LIP EXERCISES
Stretch out
Kissing
Hard smacking
Light popping
Unvoiced - hAH-hOO 4X
hAH-hOH 4X
hAH-hAW 4X
hOO-hOH-hAW 4X
(again with consonant "M")
Unvoiced - pu - tu - ku
Voiced - bu - du - gu
(increase pace)

TONGUE EXERCISES
Tongue jabbing
Cat lick
3-way stretch
Silent 1AH-1AH's
Voiced 1AH-1AH's
Let-Lily (Also with t, v, s, n, th, f)

SUPPORT AND MASK TONE
Intone - m, n, l, ng
Intone - mAH, nAH, lAH, ngAH
Repeat running in place

REGULATORY BREATHING
Standing or on floor: Inhale nasally on a five count - Exhale orally on a 5 count
FOLLOW - UP

On one breath - Pale Melancholy sat retired and,

In notes by distance made more sweet,

Poured through the mellow horn

Her pensive soul.

Forward Tone - Mim mamble, mim mamble

Mimbling went the train.

Mum mumble, mum mimic

Hummed the aeroplane.

Mim mumble, mum mimble,

Mumble, mimble,

Mumbling, mimbling,

Mimbling, mambling,

Mum mimble, mum mim mum.

Tension/Release - bEE-I-bI

bEE-OH-bOH

bEE-I-bI-bEE-bI

bEE-OH-bOH

bI-bEE-bI-OH-bEE-OH-bOO

bI-bEE-bI-OH-bOO

FORWARD TONE EXERCISE

ODE or TENNEYSON

PRECISION EXERCISE

TARANTELLA, MODERN MAJOR GENERAL, or SCOTCH Rhapsody
We are the music makers,

And we are the dreamers of dreams,

Wandering by lonely sea breakers.

And sitting by desolate streams:

World-losers and world-forgers,

Wandering by lone sea breakers,

And we are the dreamers of dreams,

We are the music makers,
Do you remember an inn, Miranda?
Do you remember an'inn?
And the tedding and the spreading
Of the straw for a bedding,
And the fleas that tease in the high Pyrenees,
And the wine that tasted of the tar?
And the cheers and the jeers of the young muleteers
(Under the vine of the dark Veranda?)
Do you remember an inn, Miranda?
Do you remember an inn?
And the cheers and the jeers of the young muleteers
Who hadn't got a penny,
And who weren't paying any,
And the hammer at the door and the din?
And the hip! Hop! Hap!
Of the clap
Of the hands to the twirl and the swirl
Of the girl gone chancing,
Dancing, glancing,
Backing and advancing,
Snapping of the clapper to the spin
Out and in—
And the ting! Tong! Tang! of the guitar!
Do you remember an inn, Miranda?
Do you remember an inn?
Never more,
Miranda,
Nevermore,
Only the high peaks hoar:
And Aragon a torrent at the door.
No sound
In the walls of the halls where falls
The tread
Of the feet of the dead to the ground.
No sound
But the boom
Of the far waterfall like doom.