PILATES FOR THE VOICE

Exercises to Eliminate Vocal Strain, Improving Diction and Vocal Variety

Breathing Exercises

- Breath in on 8 counts slowly
- Repeat the exercise 5 times
- Practice same exercises standing
- **Ha...** You are going to make a gentle "Ha" sound, using up an entire breath on just that one sound. Take in a full belly breath, and as you exhale say a very gentle and quiet sustained Haaaaaa... until you run out of air. Do it again, being certain to really open your mouth as you softly sustain the Ha.
- **Shoulder bounce** – Bounce shoulders and let out the gentle “Ha” – Bounce it out
- **Ha** – 8 times and focus on the air moving in the diaphragm, then 8 times and focus on the sides, then 8 times and focus on the back – then 8 times all the way around

Jaw Exercises

- **Palms on Jaw** – place your palms on your jaw line – tug down on your jaw a bit with your fingertips – move jaw front and back

Vocalizing

- **Humming** – hum up and down the scale
- **Chew and Hum** – on one note – can move up the scale
- **Elongating Vowels** - Practice your delivery elongating each vowel

Delivery Style

Eye Contact – Try to create a coffee house intimacy with your audience

Work the Room – keep your physical proximately spontaneous, keep focus compact, but bounce it around the room

Gestures – keep them available to make a point but not to distract

Posture – stand up straight, but not rigid

Developing Vocal Variety

- Practice talking in a pitch/s that you don’t normally speak in – if you have a typically high voice – imitate someone you know in a low, deep voice
- Count from 1 – 8 slowly moving up the scale and 9- 16 going down the scale
- Pick up material and practice reading one line in regular voice, then, low, then high