



Episode 146: Fun Ways to Get Into Your Voice and Body with Kelly Vogel



Warm up exercises used in this episode:

Face massage: Gently rub the muscles all along the jawline for a few minutes. These exercises help release tension in the jaw and face.

Working with breath: Sit up gently and comfortably in a chair, with your feet on the floor. (Feel free to do this on a cushion instead, as long as you can sit with your spine tall and comfortable.) Breathe in through the nose, and fill up the rib cage and belly. Then, exhale quietly and gently through the mouth. (Remember to do this slowly.) Don't worry about the sound that emerges; just let this be a gentle exhale. Then, repeat this breath, but exhale on the sound "huhhh". Do this without pushing or forcing the sound, let it emerge naturally, and reach its natural and gradual end. Do this at least 3 times. If you enjoy this, try it also on the sound "Yaaaaaaah".

Lip trills: Blow out your lips so they flutter for this exercise. This vocal warm up relaxes the lips, jaw and throat, and the vibrations also help relax the chest area. No pitch is needed here, although I recommend playing with sounds going up and down in whatever way feels good. Remember to do this gently and don't force or push the voice; just let the sound peter out slowly and organically.

Forward fold: The intention of this gentle exercise is to create more space in your spine, allowing for greater relaxation in the body and more resonance in the voice.

From standing, gently lean over so the top half of your body hangs loosely. Bend the knees just slightly and exhale. Rest there for a moment and relax. Come up slowly, one vertebrae at a time (if you've ever taken a yoga class this will feel familiar), and breathe in as you lift. Every 4-5 vertebrae, pause and exhale on a gentle, relaxed, "ahhhhh". Keep lifting until you are all the way up. Once you are standing, gently wiggle your head.

On hands and knees: Round your spine toward the ceiling, lowering the head (commonly known as "Cat pose" in yoga). Then, come back to neutral, then lower your back as you lift your sitting bones and look forward (known as "Cow pose"). Then repeat Cat pose, but this time, make the sound "high" slowly as your back lifts up; as you lower your back, make the sound "lowwww". You can also do this seated in a chair, moving the head forward slightly to create a curve in the spine, and then coming back up to a tall, relaxed spine.

Learn more about Kelly Vogel and Sound Passage at kellystewartvogel.com