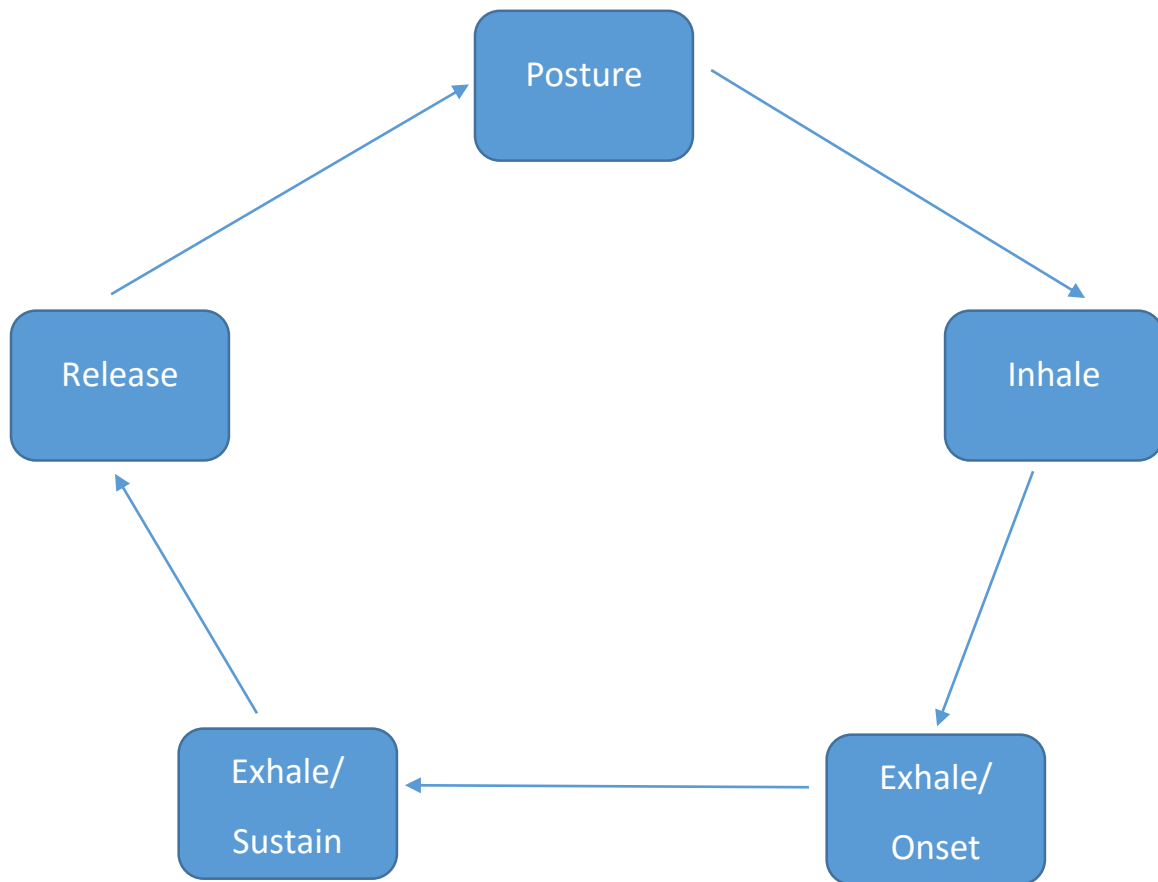




## Transformational Voice® Cycle of Breath-based Vocalization



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**Posture:**

- Spine straight, like a filament is pulling your head to the ceiling
- Chin slightly tucked
- Shoulders relaxed
- Sit bones ever so slightly tucked under
- Feet hips width apart and straight
- Knees relaxed, be able to bounce a bit
- Rib cage out and expanded
- Belly relaxed

**Breathing and Vocalization:**

- Belly expands on inhalation
- Rib cage stays expanded
- Vocalize on the breath, while exhaling
- Singing is vocalization sustained on the breath
- At the end of the phrase, release
- Take another breath and continue

**Onsets:** (with vowel sounds)

- Glottal (Vocal folds forced open by air – avoid this!)
- Aspirated (Add a little “h” at the beginning)
- Coordinated (Air and sound come out simultaneously, like a needle pulling thread)

**Resonance:**

The quality which allows your voice to carry. Warm up using N words and M words like “money” and feel free to do “the cow” – feel the buzz!

**To Wrap Up:**

- Speak on the breath, ribs expanded, belly relaxed
- Avoid glottal onsets
- Create resonance (focus sound in the mask, the “buzzy” spot)

Most importantly, remember the world needs your authentic truth spoken in your authentic voice. I’m as committed to your authentic nature as I am to my own. We’re in this together.

Authentically Yours, Laura

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