

Nurturing the Aging Singer -- Part 2

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Postural Guidelines

- lifted thoracic cavity
- floating head
- shoulders back
- tucked hips
- no rigidity

"SING FROM YOUR DIAPHRAGM!"

1. Expansion
2. Suspension
3. Onset/Phonation
(Resist the Collapse)
4. Recovery



DROP YOUR JAW! (but not too much)

Don't sing
from your
throat!

(But understand that
your throat is where the
sound begins)

**Project your
voice!**
(Reverse megaphone)

Strength and Conditioning Exercises

For breathing ...

- panting
- lip buzz
- exhaling on ssssss, gradually increasing counts
- silently inhaling and exhaling through a straw
- swimming, yoga

For maintaining/extending vocal range ...

- tension release
- sighs, sirens, hmm
- octave leap exercise
- lip buzz
- don't oversing

For maintaining/increasing stamina, agility, and tone quality

- Simply sing more. The voice is a muscle that needs to be exercised to gain strength.
- Practice 3-note and then 5- note scales on a comfortable vowel, gradually increasing speed with metronome. If these are mastered, advance to octave scale.
- tension release, open throat, head resonance
- Where do the vowels come from?
- knee bends, movement while practicing, engage the body