

3 daily exercises to improve your voice projection

To improve your voice projection, you can work on a daily basis with the 3 exercises exposed below:

Breathing exercises

Voice relaxation

Volume exercises

Breathing exercises

1. Stand up, shoulders back, hands on your stomach. Let your stomach muscles relax.
2. Breathe in through your nose and fill up your abdomen first (you should feel and see it expand), then your ribs and all the way up to your chin.
3. Hold this breath and count until ten.
4. Now exhale slowly. As you exhale, keep your ribs expanded and tighten your abdomen. The lower abdominal muscles should come in first as though you were rolling up a tube of toothpaste.

Tip 1) while you are breathing, check your shoulders, they should not be going up, and your stomach should be going out.

Tip 2) Practice breathing when you are about to go to sleep. When you are lying down, it is easier to isolate the abdominal muscles and strengthen them for proper breathing. (You can even put a book on your abdomen to exaggerate the way you use those muscles for even better awareness of how to do this correctly. Watch the book go up and down as you breathe "with your stomach."). It is also an excellent relaxation exercises before going to sleep!

Picture

Voice relaxation:

Voice relaxation is essential for speaking. It prevents your voice to be too harsh and squeezed.

1. Stand up and place your hand lightly on your throat muscles and speak in a normal tone. Note the tenseness of the throat muscles and the tightness of your jaw.
2. Yawn. Open your mouth wide. Finish the yawn with a "hummmm", prolonging the "mmm" for several seconds. Drop your jaw as far as you can without stress.
3. Waggle the jaw from side to side and continue humming with the lips closed and jaw loose.
4. Repeat the yawning and humming.

Notice your throat muscles have loosened and become relaxed.

Volume exercises:

1. Breathe deeply and exhale on a hissssssing sound. Repeat 10 times.
2. Vary the loudness of your voice using the sound "Mmm-mmm". Start with a soft sound, then middle and loud. Repeat, starting with the loud sound until the soft. Repeat again soft>loud>soft>loud>soft>loud... for several seconds
3. Repeat the exercise 2. with a vowel (ex. "ah"): soft>middle>loud - loud>middle>soft - soft>loud>soft>loud>soft>loud... for several seconds
4. Repeat the exercise with numbers:

Repeat this 3 steps exercises daily, for example in your bathroom, in front of the mirror (to be sure you're not breathing with the shoulders). You'll soon improve your voice quality and projection. Ideally, practice regularly while speaking. Use a text, a prepared speech, practice in front of the mirror and focus on your breathing and voice. It must become a routine if you really want to improve. You can start right now, sitting in your chair.

Happy Singing!!