











MICHAEL'S TIPS FOR BRINGING THE VOICE AND BODY TOGETHER

My workshop with The Rabble Chorus focussed on posture – often forgotten about in choirs but really important for healthy happy singing. Knowing your own body, and paying attention to and responding to physical stress, can keep your body and your voice more relaxed for longer.

Top Tips

1. Once in a while, start a singing session by rebuilding your posture from the ground up.

Remember the golden rule: **If anything hurts, don't do it – you know your body better than anyone.**

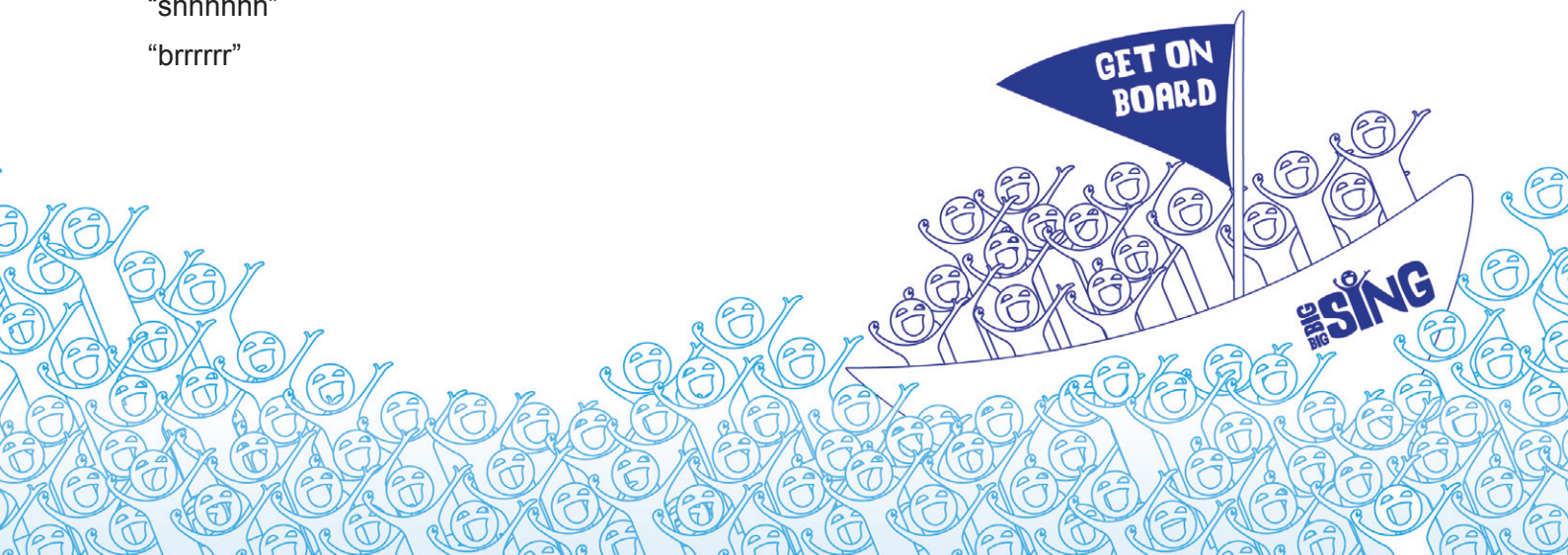
-  Begin with your feet parallel.
-  Wiggle your knees – are they relaxed and not locked?
-  Make your hips point to 12 on the clock, then 3, then 6, then 9, then 12 again.
-  Now rotate your hips in both clockwise and anticlockwise directions.
-  Engage your core muscles – (pull in your tummy) but keep your shoulders relaxed.
-  Try rotating your upper chest the same way you did with your hips – this is harder, but with practice can help you find a strong and relaxed centre.
-  Roll your shoulders, back-to-front and front-to-back.
-  Try a little stretch in the neck.
-  Make yourself as tall as you can by imagining your ears are being pulled to the ceiling.
-  Check your breathing is as strong and relaxed as your body.

2. Break up a rehearsal session by shaking out all your body parts, with different vocal sounds, like:

“zzzzzzz”

“shhhhhh”

“brrrrrr”



3. If you are learning a new song, use some of the lyrics to invent a wordless sound and body warm up. It might help you remember words as well.
4. Remember to change your body positions regularly: stand up, sit down, and shake it out during rehearsals.
5. Perform some of your music from memory. When you take away the music folder, it can remind you that your whole body is involved when you sing, and help you to check your posture.

