

WARM UP AND BODY/VOICE SUPPORT/TRAINING EXERCISES PART II	WARM UP AND BODY/VOICE SUPPORT/TRAINING EXERCISES
1) Lying on floor, having completed the first part of the warm up: Relax jaw, open mouth, tip of tongue behind bottom teeth, open throat all the way to the Well of Sighs, which is in the centre of the earth, directly underneath your centre	(h) aaaaahhhhhh (“fluffy sound” – Catherine Fitzmaurice)
2) Begin aaaah with open relaxed mouth/jaw (2 finger tips), gently touch lips together (mmm) then gradually open and finish with aaaaa – STAY OPEN!	aaaaaammaaaaaaa
3) Continue with aaaaammaaaaa, exploring pitch range, while	
a. Drawing knees up, sliding feet along floor	Aaaammmaaaaa
b. Raising knees to chest	Aaaaaammaaaaa
c. Floating knees and hips to right, head to left	Aaaaaammaaaaa
d. Floating knees and hips across body to left, head to right	Aaaaaammaaaaa
e. As c)	Aaaaaammaaaaa
f. As d)	aaaaaammaaaaa
g. Rolling onto side, one arm between head and floor, knees to chest – open whole of back to the universe	aaaaaammaaaaa
h. On to hands and knees, gradually arching and lowering spine, working whole spinal column from tailbone to skull and back again	aaaaaammaaaaa
4) Squat with feet apart, flat on ground, gently shake sound back down to the Well of Sighs	aaaaaammaaaaa
5) Side to side, taking sound through the sole of one foot, through the leg, the body and out through the other leg and through the sole of the other foot	aaaaaammaaaaa
6) Back into squat, some more gentle shaking to keep sound free inside body <i>(2-6) Kristin Linklater, Wales, 1995</i>	aaaaaammaaaaa
7) Roll up through spine to standing, feet hip width apart, arms flowing from shoulders, head floating, looking straight ahead	aaaaammaaaaa

<p>11) Hop on the spot from one foot to the other, placing the tops of the toes of the non-weight-bearing foot on the floor. Sound the consonants in a relaxed, yet clear manner, investing only enough energy to be clear, not so much as to contort your face</p> <p><i>28 - adapted from an exercise of Valerii Galendiev, voice coach to the Maly Drama Theatre of St Petersburg.</i></p>	<p>Non voiced: p p k k t t (repeat)</p> <p>Non voiced plus voiced neutral vowel: Pe pe ke ke te te (repeat)</p> <p>Po – pa – ka – ta – pe – tl (repeat)</p> <p>Popakatapetl (repeat)</p>
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