

Coastal Voices will be resuming rehearsals in January! These videos touch on basic vocal concepts while providing some ideas on how I get my voice ready to resume rehearsals. Please take what is useful to you from each video to create a warmup routine that works for you.

There may be some unfamiliar terms. I will explain things as we go along, but if an idea is still unclear, feel free to email me and I will try to clarify.

Some terms I will be using ...

Vocal folds = vocal chords

Onset = starting the sound

Offset = ending the sound

Passagio = the transition from the lower part of voice to the upper part

Chest voice = lower vibrant sounds often associated with the speaking voice

Head voice (falsetto) = high, flute-like sounds that are distinct from chest voice

Lesson 1- Basic Sliding/gliding to stretch vocal cords/folds

https://youtu.be/XEgPg_NMUUA

Lesson 2 - Starting and ending tones - onset (start) offset (ending)
- contrasting soft onset, hard onset, and balanced onset

<https://youtu.be/aVEbP61tHJg>

Lesson 3 - Consonants and onsets - voiced and unvoiced consonants

<https://youtu.be/5u0obxPRmC8>

Lesson 4 - Extending Range and increasing flexibility

<https://youtu.be/M2pDnYWcPMY>