

Releasing Sound

By Sarah Louise Turner

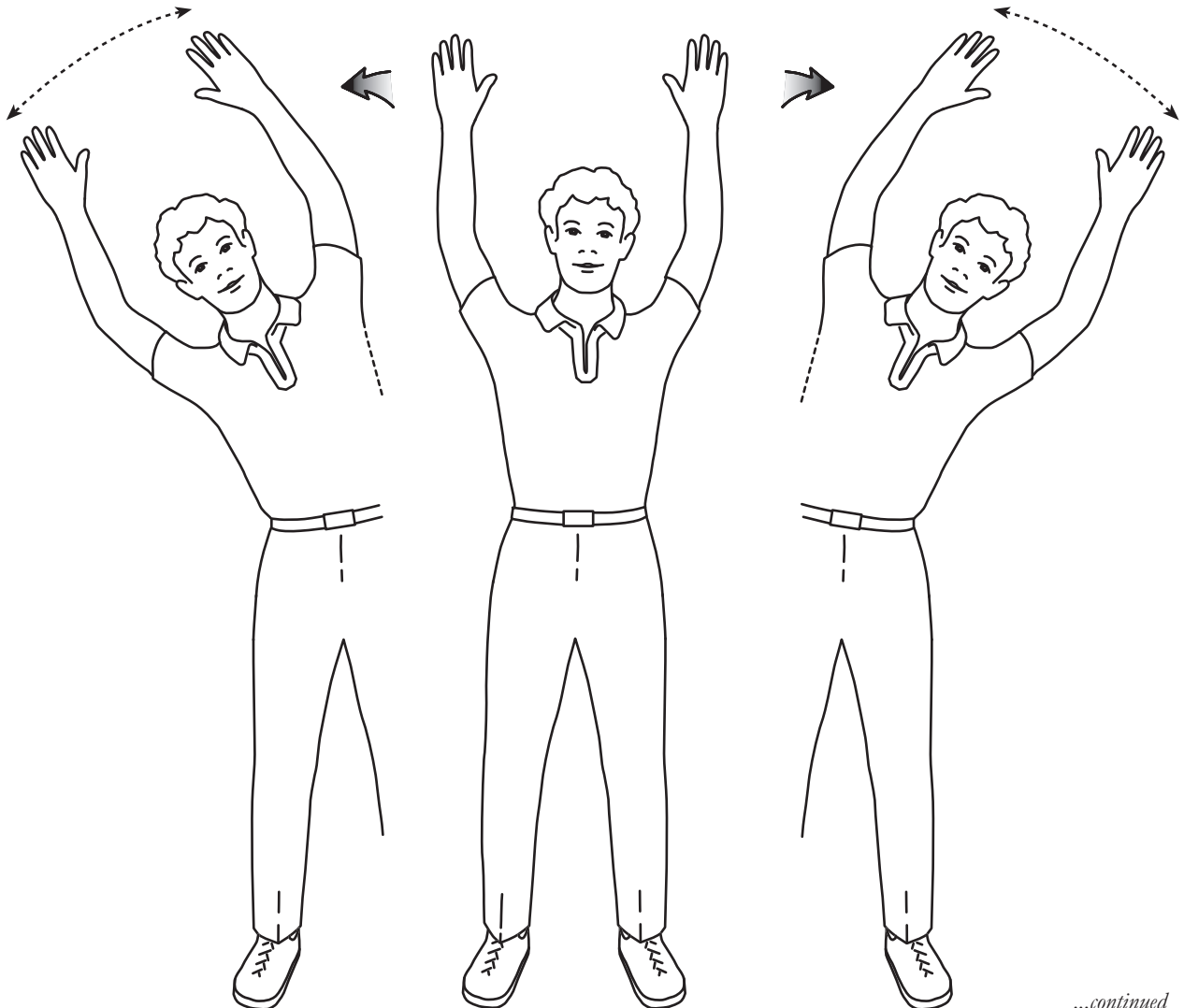
TO BEGIN ...

Tension impedes the breath from entering the body, and the vibration from leaving the body. It is beneficial to spend time releasing unnecessary tension. Here are a few suggestions, but you know what your body needs each day.

SPINE AND SIDE RIBS

Stretch your arms up to the ceiling and reach as high as you can without letting your feet leave the ground. Then ...

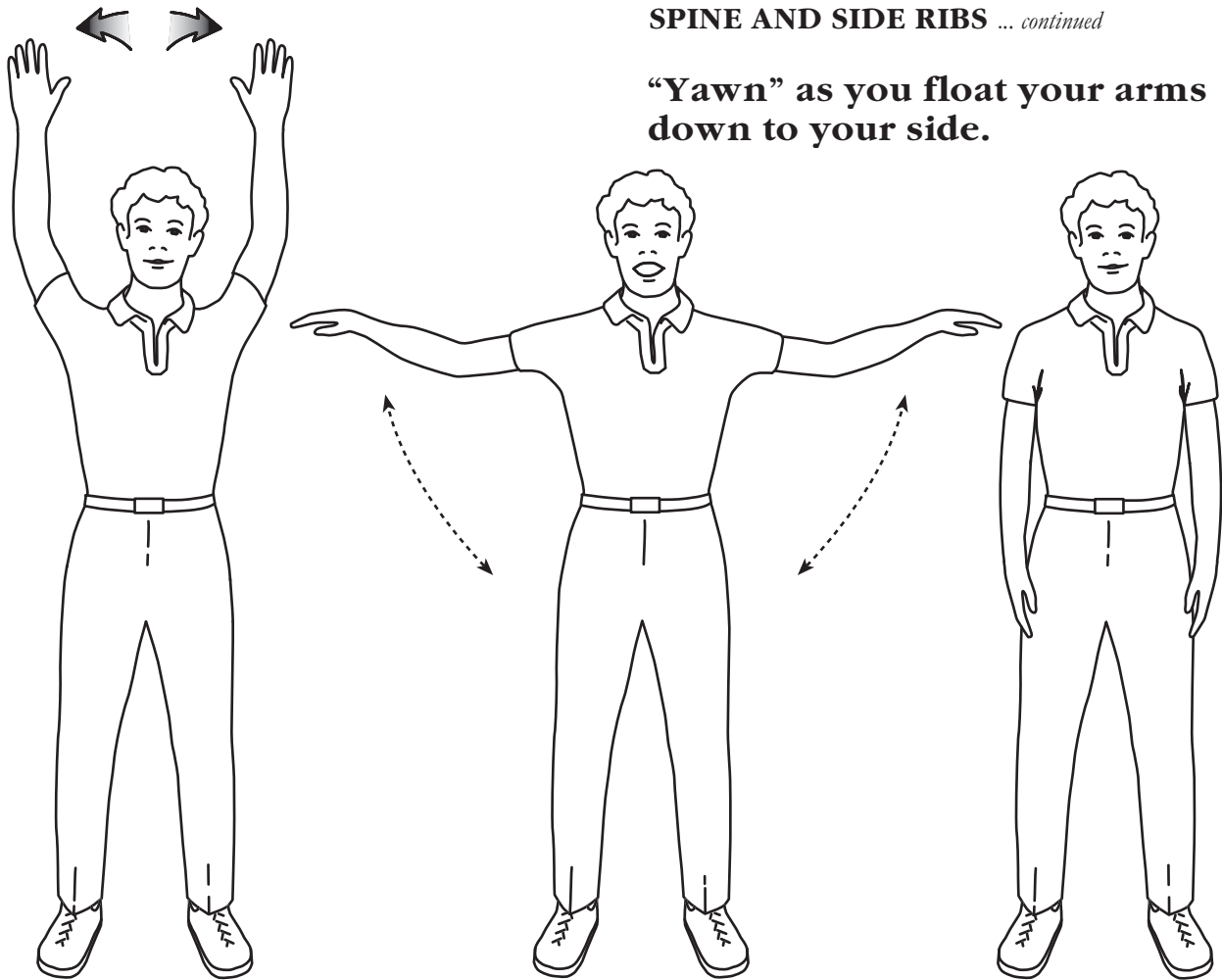
Reach to the right, breathe, and then to the left. Then ...



...continued

SPINE AND SIDE RIBS ... *continued*

“Yawn” as you float your arms down to your side.



DYNAMIC BODY ALIGNMENT

TIPS:

- Stand with feet hip distance apart.
- Balance your weight evenly between the soles and the balls of your feet.
- Imagine floating the top of your head up towards the ceiling, while lengthening the back of your neck.

Alignment: *“Any posture is acceptable in itself as long as it does not conflict with the law of nature, which is that the skeletal structure should counteract the pull of gravity, leaving the muscles free for movement.”*

- Moshe Feldenkrais
Awareness through Movement

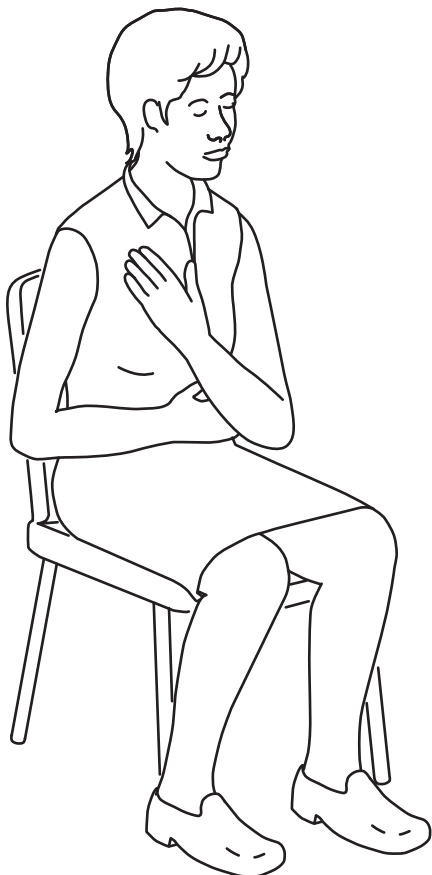
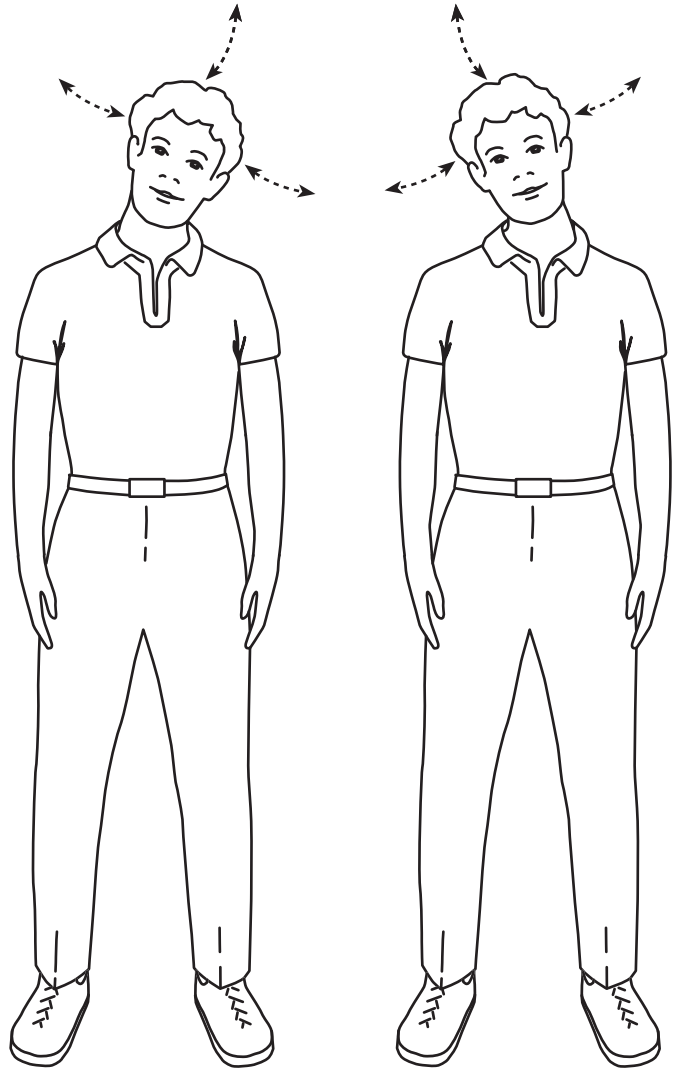
NECK RELEASE

Let your left ear drop over your left shoulder. Keep your eyes facing forward. Rock your head gently up and down, as if nodding “yes”, and then side to side, as if shaking “no” several times. Use your left hand to gently lift your head back up. Feel the space between ears and shoulders.

Is there a difference between the right and left side?

Repeat neck release on your right side.

Is there a difference between the right and left side?



DIAPHRAMATIC BREATHING

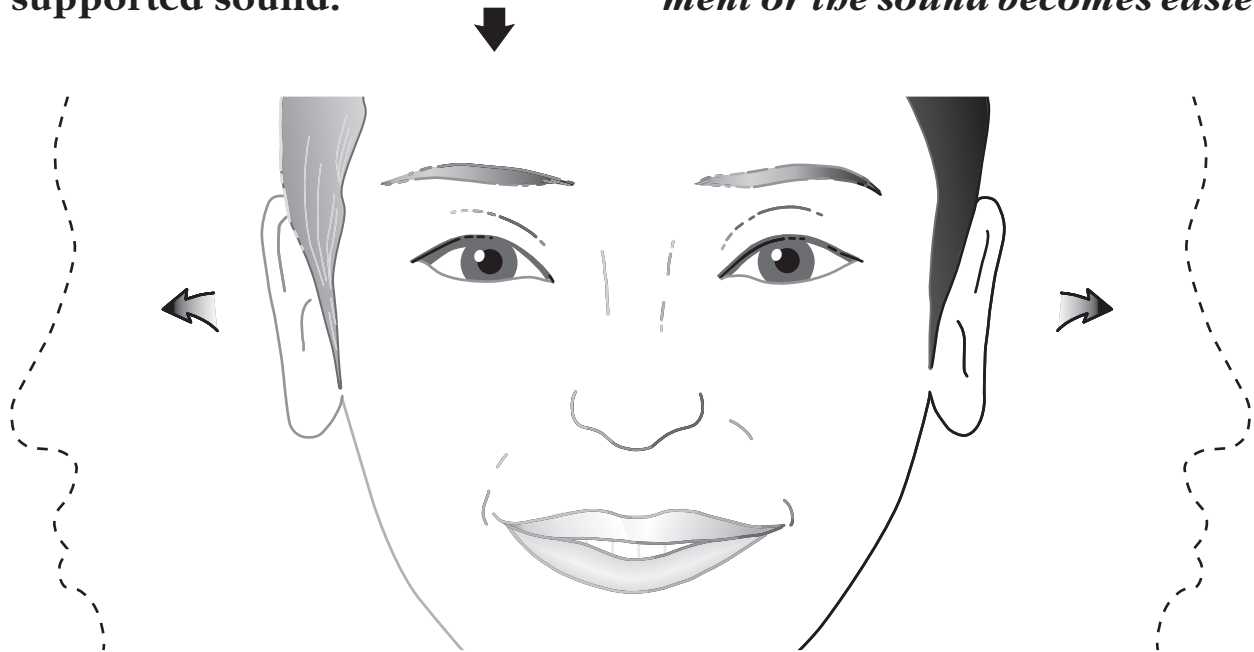
Sit with a long spine, weight evenly distributed between the left side and the right side of your body. Place one hand on your belly and one hand on your chest. As you inhale, allow the belly to expand. As you exhale, allow it to gently release. Continue to allow the breath to fall in and out in a relaxed manner.

VOICELESS FRICATIVE

As you continue to focus on the breath, turn your head to the left and form an “sss” sound with your lips and tongue on your exhalation. As you exhale the “sss” turn your head to the right. Try and keep the sound as consistent as possible, we are building up capacity for a supported sound.

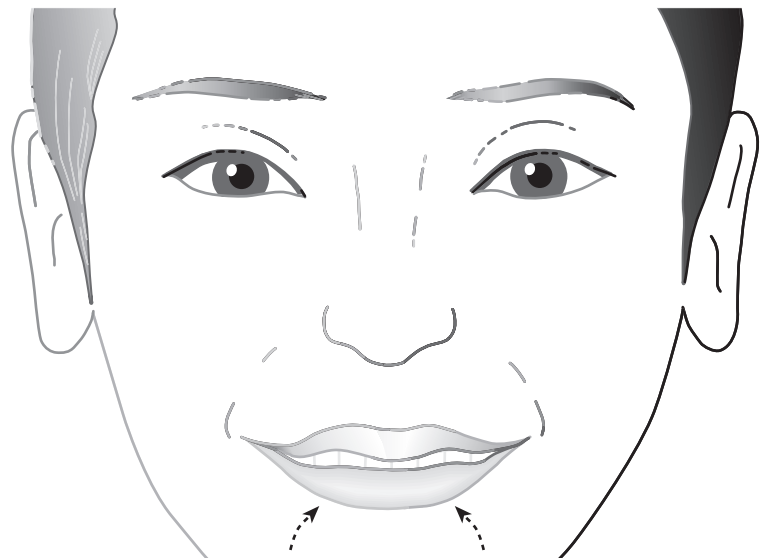
Inhale when you come to the end of the breath stream and let a new breath drop in, as you form the “sss” let the head travel back to the left. Repeat several times, focusing on the diaphragmatic breathing.

Notice whether or not the movement or the sound becomes easier.



VOICED FRICATIVE

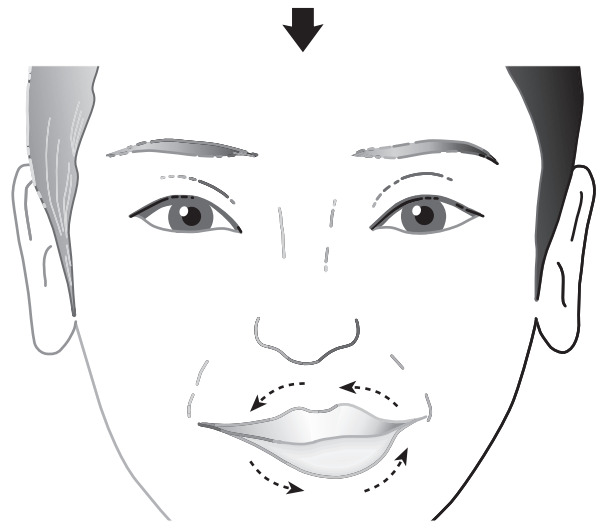
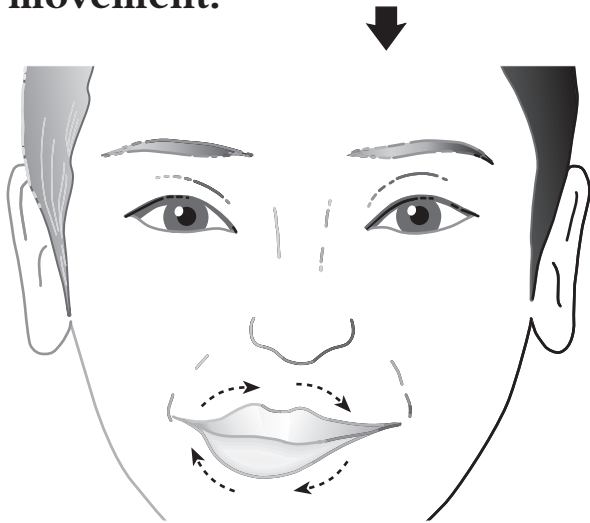
Repeat the same exercise as above with a voiced “zzz” sound instead of an “sss”.



VOCAL-ONSET

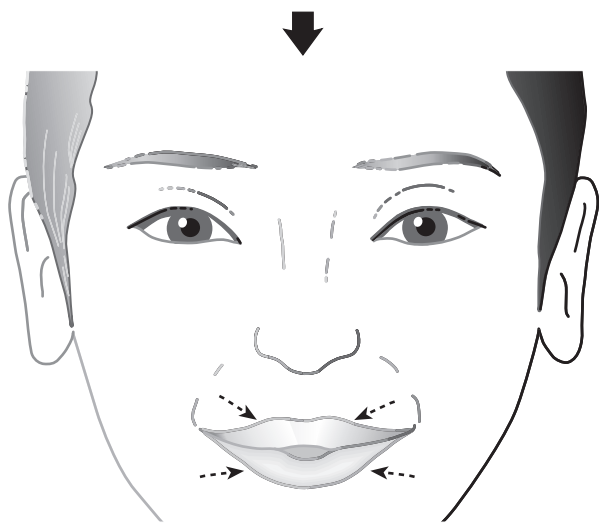
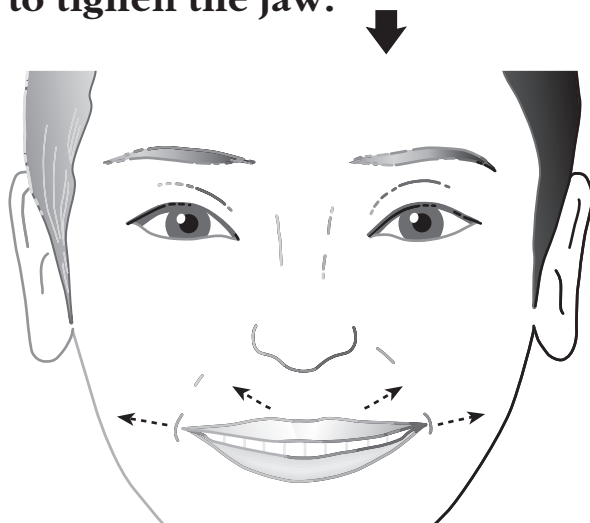
Instead of moving the head from side to side, move the lips around in a circle. Imagine that you are chewing some very thick pasta, and incorporate the lips in the movement.

When your lips begin to feel warm, move them in the opposite direction (below)



Now find an “mmm” sound on your exhalation and feel the vibration hit the back of your lips. Open the lips wide into an “eeeeeeeeeeee” sound. Feel the sides of the lips widen, as if you were smiling, but be careful not to tighten the jaw.

Purse the lips slightly to form an “oooooooooooo” sound. Play with this sensation several times, experimenting with different pitches.

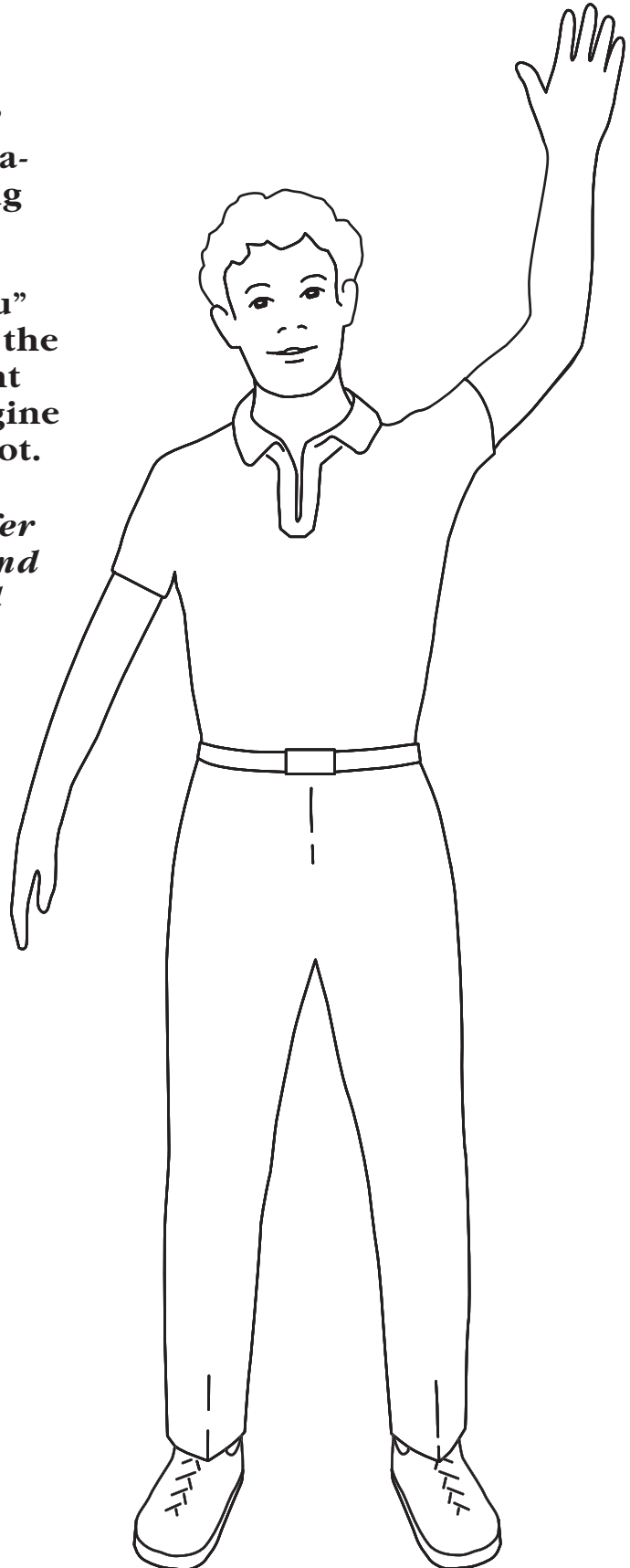


SPEECH

When you can easily and effortlessly create an “ooooo” sound with supported diaphragmatic breathing, try speaking the word “hello”.

Feel your lips forming the “ou” on “hello”. Pick a spot across the room from you, such as a light switch or a window, and imagine sending the “hello” to that spot.

How does saying, “hello” differ when you have warmed up and begun to support your sound with breath?



Illustrations by:
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