

KINESTHESIA: The sensation of bodily position, presence, or movement resulting chiefly from stimulation of sensory nerve endings in muscles, tendons, and joints.

KINESTHETICS OF SINGING

- I. RELAXATION
 - A. Shoulder Rolls
 - B. Neck Rolls
 - C. Releasing Head and Facial Tension

- II. POSTURE
 - A. Standing Yoga
 - B. Peer Posture
 - C. Kick line

- III. BREATH
 - A. Double Pronged Inhalation
 - B. Sit with hands backwards on knees
 - C. Sitting, drop over and breathe

- IV. PHONATION
 - A. Vertical vs. Horizontal entry
 - B. Suspension
 - C. Barberchop

- V. RESONATION
 - A. Identify resonators by touch
 - B. Stabilize cheeks with backs of hands
 - C. Knuckles between teeth

- VI. FREEDOM OF SOUND
 - A. Circles by the ears
 - B. Swing the arms
 - C. Whatever it takes to eliminate tension

SHE WHO LOVES MUSIC

With her foot tapping, her fingers drumming
and her body swaying
She's an orchestral tapestry
of shimmering melodic sounds.
Strains of music fill her soul.
And the rhythm of her life is echoed by the notes.
She dances. She sings. She plays.
Her world is a continuous round of harmony
Music is her life.

Susan "Kukana" Toronto

FIVE ITALIAN VOWEL SOUNDS PLUS SOME FOR BARBERSHOP

EE -- SEE

EH -- MET

AH -- FATHER

OH -- ROSE

OO -- TOOL

IH -- SIT

Ä -- JAZZ

UH -- LOVE

AW -- LAW

EE -- Pull tone from forehead.

EH -- Hand on chin, to keep jaw loose.

AH -- Form "C" with hand and flip in front of face.

OH -- Draw circle around mouth with finger.

OO -- Pull tone from your lips.

IH -- Pull tone between eyes.

Ä -- Flat hand in front of mouth, palm down.

UH -- Upside down U

AW -- Form "U" with hand.