



## Introduction to Voice Lessons

This syllabus is a flexible and general guideline for the beginning of your training. After you have a firm grasp on these introductory skills and concepts, we will move on to more challenging ones.

### Introductory Objectives

The primary objective of this introduction is to create a strong, healthy foundation for the voice, by developing skills and building muscle that will build confidence, and prevent vocal injury.

The secondary, but very important objective is to have fun! You're probably here because you have a love for music. Serious training can sometimes kill that passion and turn singing into a chore. I believe we will see the most success when you are enjoying yourself and are self motivated to do the work.

### Note:

We never want to strain you with vocal challenges your body has not been prepared for as this can be physically and mentally damaging. This will be discouraged in and out of class time.

### Class Scheduling

A consistent weekly schedule is ideal to ensure the most consistent vocal growth, but it is normal for one's schedule to change throughout the year, So scheduling will remain flexible to accommodate changing seasons and special occasions. Scheduling for the next class may be done at the end of class sessions, or via email.

If there are to be any last minute changes to the schedule, including tardiness or cancellations, text is preferred to deliver this information.

### Class Format

Class format will be developed around individual students. In general early classes will include a warm up with the entire body to strengthen and prepare the voice, lecturing, extended exploration of the voice through vocal exercises, personal/vocal reflection, and possibly meditation. Later classes will go on to include other demonstrations of skills through song preparation and performance.

**Continued...**

### **Requested Materials**

- Water
- Pants you can move in (not jeans)
- Fitted top (for monitoring breath movement)
- Pencil
- Planned materials like sheet music, handouts, or accompaniment
- Separate device to play videos and accompaniment on

### **Recommended Materials**

- Straw (preferably metal)
- Mirror
- Keyboard/piano
- Yoga mat/blanket/towel/carpet (comfortable surface to lay/sit/exercise on)
- Speaker (Virtual only)

### **Introductory Skills and Concepts**

Anatomy of the Voice

Vocal Hygiene

Alignment

Breath Technique

Identifying Vocal Limits

Identifying and Eliminating Tension

Resonance

Solfège

“Singing Headspace”

### **Teaching/Learning Style**

I want to know how you learn best!

Give me your feedback. I will suggest methods to understand a concept, and encourage giving them time to set in. But, if it isn't working for you overtime, we can work together to find the way that does.

### **Personal Practice Expectations**

It is important that students know the rate of their progress is dependent on how often they are practicing outside of lessons, and not by the lessons alone. Even though lessons alone will still benefit the student over time, a lot of great progress made in a lesson can be lost by the next, if the student does not find time during the week to practice. This can result in the same topics being retaught week after week.

Every tiny bit of practice makes a difference. An ideal practice schedule can range from (at least) 10-30 minutes a day, 5-7 days a week. A student should avoid singing for more than an hour a day to prevent vocal injury, but more time spent on physical exercise/stretching, and mindful reflection on their practice is encouraged.

All this being said, no student will ever be judged by the amount of time they have had to practice, or for how many times they need help relearning certain topics.