**GENTLE MORNING WARMUP – based on Kathleen Hansen**

1. **Free up the body – always gently!**

* Open up ribs – stretch arms – take 2 deep breaths
* Get shoulders moving one at a time
* Look up – look down
* Head to right – gently use right hand to stretch (but not over stretch) then head to left – loosen up those muscles
* Twist body to right then to left
* Bend knees slightly – wake up leg muscles
* Deep breaths
* Hydration v important first thing in the morning
* Remember tension anywhere in the body can lead to tension in the voice
* Few more deep breaths and we’re good to go

1. **Gentle vocal warmups to prepare for whole day of singing or coaching**

* Yawn -sigh
* Mmmm-siren
* Vvvv – siren
* Hah – siren
* Lip trills without pitch – keep everything fluid and moving
* Gradually extend range /move body . more air and more volume
* 1-5-1-5-1 on vvvvv – go up
* Koo 1-2-1-7-1 – go up – stay flexible to attain high notes
* Gentle jaw action ya-ya-ya 5-3-1
* Hah down to vocal fry
* NG 54321 then up
* Sliding vvvvvv 1-5-1 then hmmm 1-5-1 and bubbling 1-5-1 (Register transition)
* To overcome any jaw tension Fa-ee, fa-ee, fa-ee etc 5-4-3-2-1 (tongue should lie flat in jaw like a giant marshmallow)
* Hee-ah- hee 1212/1212/1 Tone flow and resonance
* Sirens – range extension – high and low
* How COOL am I? 1-8-5-3-1
* Big sigh down