

## ESTABLISHING THE FOUNDATION

In order to use your instrument free of tension with the ability to expand, strengthen and build your voice, a foundation of how to support your instrument is the first step to a healthy voice.

The four-steps for supporting your vocal instrument are:

1. Breathing diaphragmatically.
2. Creating a well-connected sound with the vocal cords.
3. Training the larynx to rise smoothly and not jump/rise erratically.
4. Placing the sound in optimal resonant areas.

Once these four steps are applied, you are then able to successfully implement a vocal training plan that further develops and increases strength, projection, agility, range, and better pitch.