

**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**

**Ă -- 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.

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

UH -- Upside down U

AW -- Form "U" with hand.