



HOW TO GIVE YOURSELF A PVI – A DAILY WORKOUT FOR YOUR VOICE

During these uncertain times it's really important to keep your voice in tip top condition ready for your first proper rehearsal with your chorus or quartet. This is a simple daily routine which requires no special equipment – just you and a mirror. These notes accompany the video of Region 31's Virtual Convention 2020 "Part Three: Giving Yourself a PVI with Alyson Chaney, Sweet Adelines International Faculty Member."

1. **A PINT OF AIR** – one of my all-time favourite exercises and an ideal one to start your daily routine as it reminds you about excellent techniques. Grip the pint glass (you can have a real or imaginary one) and imagine it's full of air. Drink in this air and notice two things – silent unstricted breathing and abdominal expansion. Do it a few times.
2. **HISSING, BUBBLING, SIRENING AND OTHER STUFF** – you all know how important this is. Here are a few exercises to repeat daily. They are especially important if you feel your voice is tired, or if you have register break issues.
 - Start with some rhythmical hissing using SSSS and SSSH HH using the pattern 3/5/7/13
 - Then use dynamic contrast to really work those muscles SSSSSSSSSSSSSSSSSSSSSSS; sssssssSSSSSSSSSSSSSSSSSSSSSS
 - You've all done bubbling or lip trills and these are powerful daily exercises for the voice. Professional singers use bubbling exercises as part of their daily routine and you can watch Celine Dion demonstrating this on the Ellen DeGeneres show. Go to <https://www.bing.com/videos/search?q=ellen+de+generes+show+celine+dion+warmups&docid=607994281687647394&mid=574B4E1774B292444990574B4E1774B292444990&view=detail&FORM=VIRE>
 - Remember to use vvvv or trilled RRR if bubbling isn't always achievable.
 - Here are some patterns you can use 1515151 (then up or down a semitone); bubbling with dynamic contrast; bubbling into a vowel AH, EE, EH, OH, OO using the pattern 12321.
 - Sirening: I use the sound NG to siren as it encourages resonance through greater space.
 - Straw phonation exercises: if you don't have a handy straw you can improvise using "vvv".

- All of the above are **semi-occluded vocal tract** exercises which provide a gentle massage for your vocal folds as well as helping to combat any vocal fatigue.
3. **TONE CONTROL EXERCISE** – a great exercise to repeat every day. It will strengthen your abdominal muscles and increase your breath capacity.
- Use an EE vowel and find a note within your range to sing
 - Start *mf* then gradually fade to *ppp*
 - Change the vowel, pitch note and dynamic pattern (start *ppp* and gradually increase the volume)
 - The key is *gradual* dynamic change – the slower the better.
4. **MY FAVOURITE EXERCISE (STOLEN FROM RONNINGE SHOW CHORUS!)**
- Vee-voh using this pattern 1324354654321324354654321
 - Sing the first sequence (underlined above) with full volume then change to *pp* for the repeat sequence.
 - Maintain a powerful and open stance as you go quiet, increasing lift and stature to produce a well-supported sound.
 - Use a mirror to check
 - Your alignment doesn't change as the dynamic changes.
 - Your mouth shape doesn't change as the dynamic changes.
5. **RANGE STRETCHERS (thanks to Kathleen Hansen, Master Director of San Diego Chorus for permission to use these)**
- Money money money - 54321234531 ascending a semitone at a time then descending
 - Oh how I love to sing – 1358531 ascending a semitone at a time
 - Ya ya ya - 531 descending a semitone at a time
6. **COOLING DOWN**
- Slide up and down gently on an AH or EE vowel from 1 to 5 and then back from 5 to 1: 123454321
 - Slide **down** an octave on AAH
 - Yayayayayayaya / yoyoyoyoyoyoyo / yayayayayayayayayaaaa – very gentle jaw action.
 - Vocal fry
 - Unpitched lip trills

Thank you for taking part in our education sessions and stay well all of you! We **will** meet again soon.....

All best wishes to you, Alyson