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| **Present With Confidence:**  **Increase Your Income Through Speaking and Being Memorable** |

**Vocal Power**

Warm-Ups:

* **Pilates Hundred:** - breathing, grounding womb space, warm up body and mind

1) Lay on back, knees to chest, stomach pulled in and up to anchor back to mat.

2) Lift head and shoulder blades up, reach arms long, 5 inches off the ground. Legs (1) in table top, or (2) extended no lower than 45 degrees off the ground.

3) Pump arms (elbows straight) like you’re slapping water and inhale for 5, exhale for 5.

4) Continue for 10 breaths in and out (100 pumps total)

* **Standing Chest Expansion** – breathing and posture

1) stand tall, arms reach forward.

2) inhale, arms push through air to just behind hips, expand chest. Reach fingertips to floor and necklace to ceiling – squeeze shoulder blades

3) hold breath – turn head right (gentle neck stretch), then left, back to center.

4) exhale, return arms to start (forward reach)

* **Vocal Warm-Up #1:** Goog goog goog goog goog goog goog goog goog. (dah dah). Lower range inhabits throat, mid-range comes out of bridge of nose and forehead (touch hand there), high range out of top of head – skinny.
* **Vocal Warm-Up #2:** Fingers on cheeks – brrrrrrrrr. Trill up and down in range

Tips to increase vocal power:

* Inhabit your throat, vocal chords, and tongue while talking. Flow energy to this part of your body by bringing your attention there. As we flow energy to the womb space it gets strong, so will the voice increase in strength.
* When you speak, feel the spacious dome inside your mouth
* If the vaginal muscles are tight, so can be the vocal chords. There is a physical and energetic correlation between the two. Bring your awareness to softening your vaginal muscles at the same time as inhabiting your throat and speaking.

Be aware of speaking in your authentic tone, and play with using your vocal range: *volume*: loud and soft, *pitch*: high and low, and *speed*: fast and slow. For general presenting purposes, speak at a strong volume.