

## Speaking Warm-Up

### Physical 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.  
Keep low back anchored.
  - 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)
- **Roll Down** – warms up stomach, stretches spine, feeling of “lifting powerhouse” whole time
  - 1) Sit with legs in front of you, knees bent, legs together, and back rounded.
  - 2) Pull low abs in (to spine) and up (along spine in direction of head). Low abs initiate slow roll back. Imagine upper back hits a brick wall.
  - 3) Anchor back of pelvis to mat. Articulate one vertebra at a time onto mat until low back is anchored.
  - 4) Double over, leaving stomach behind, to return to sitting position.
  - 5) Repeat, gradually articulating through lower back, middle back, upper back, neck and head. Come up one vertebra at a time, as well.
- **Anchoring exercise** – deepens powerhouse lift and anchor, works abs
  - 1) Lay on back, knees in tabletop, abs in and up so back is anchored. Lift head and shoulders off the ground.
  - 2) Raise right leg up to ceiling. Slowly lower leg toward the ground, make it heavy like dead weight.
  - 3) As leg lowers, deepen stomach in and up so there is no space between your back and the ground. This becomes more challenging the lower the leg goes. Stop lowering the leg when your back begins to tighten or lift off the ground, and slowly raise leg back to top.
  - 4) Repeat 3 times, then repeat with other leg.
- **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)
  - 5) Repeat, switching direction of first head turn – 3 sets (6 repetitions total).

\*Vocal Warm-Up:

- Inhabit your throat, vocal chords, and tongue while talking.
- When you speak, feel the spacious dome inside your mouth
- If the vaginal muscles are tight, so can be the vocal chords. 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
- 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.
- **\*Vocal Warm-Up #1:** Fingers on cheeks – brrrrrrrr. Trill up and down in range. **Focus:** Feel the energetic of your breath from lower belly all the way up and out through throat and mouth.
- **\*Vocal Warm-Up #2:** 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.

\*Womb Space

- Flow your attention to your womb space or power center – 3 inches below your navel and back inside of your body.
- Imagine a glowing ball of light suspended there that glows bigger and brighter on the breath in, and returns to its original size and glow on the breath out.
- Flow your attention throughout your hips and pelvis, down your legs, and grow roots 10 feet deep into the ground.

\*Light Globe

- Rub your hands together to stir up energy – feel the tingling, vibrating sensation inside and around your hands.
- Feel that sensation throughout your whole body, radiating off your skin, and expanding out to just beyond an arm's length. Feel the edge of your energetic presence, your "light globe", and feel that your energetic presence fills every inch of your globe.

### Receptive Body

- Feel into the back side of your body, and the back of your “light globe” to help you to be in receptive mode.

### Amplify Your Assets

To amplify from within (a quality you want to express more of):

- Flow attention to womb space
- Bubble up from womb space into heart space
- Continue bubbling up into center point of head
- Imagine a fountain out of the top of your head – splashing on you, for you.
- Energy and fountain stay contained within your light globe

### Vertical Core

- Focus on the 3 main points of your inner vertical core: center point of pelvis, center point of heart, center point of head. For each point, one at a time, bring your awareness to the center of that part. Imagine a point of light there. See and feel that point of light breathing as you do.
- After repeating with each point, bring your attention to all three points at the same time. Imagine all three points of light there. See and feel the three points of light breathing together as you do.

### \*Body Apology

Do movement that is opposite of your body’s apology. \_\_\_\_\_  
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### \*Make Your Mark

- Walk with the intention of being seen and being heard.
- Imagine you are creating a wake behind you and making a footprint on the ground.
- each step, sink your roots into the ground *and* feel the earth energy that comes up through the ground and into your body. Imagine how the avatars in the movie Avatar connect with their flying animals.



In the 5-10 minutes leading up to a presentation situation, avoid:

- Sitting with legs crossed, folding up
- Arms close to body, looking at cell-phone while waiting
- Hunching
- Positions that make you small
- Busy or worrisome thoughts – feel your strength, value, and clarity