

Freeing Your Voice's Potential Through Effective Technique

One of the first comments my mentor made was that singing depended on “stabilized breath flow.” Through his teaching I learned how fundamental “connecting the breath.” is in learning to free your voice to sing well, confidently and with expression.



From the First Lesson, students will begin learning how to develop their optimum singing technique. We cover early exercises to develop the “rib breath,” to maintain a good posture for singing, and to ensure good tuning and tone through the “open throat” approach. This approach not only increases power and range, and corrects tuning issues and help protects the voice for a lifetime of singing.

And from the First Lesson with the Open Throat approach you’ve begun exercises to “re-educate” the 100 muscles involved in singing. Without proper warmups, muscles can be habitually strained, one of the reasons even many professionals suffer vocal injuries. Many students remark after a few lessons that singing has already become more enjoyable and “easier.”

Whether you sing rock, indie/alternative, musical theatre, country, jazz, blues, pop, etc., as with athletics, or dancers, toning your physical instrument for “effortless” singing involves an incremental process, which involves patience as you discover your natural voice and its potential.

In much of today’s commercial music, hundreds of professional singers have resorted to micro-surgery due to vocal strain or injury, what voice teachers more often call “vocal abuse.” Many styles invite “pushing” the voice, and some styles can be very demanding. Understanding your unique physical instrument and how it works will help you train to excel in your preferred vocal style safely and effectively. And the ear training that comes along with the evolution of your individual voice enhances your ability to hear the nuances of your style and better express your true voice within it.

If you have questions, please feel free to visit [janice jarrett.com](http://janicejarrett.com) for more or email jjjazz@mac.com, info@janicejarrett.com. Download the Brief Credentials PDF here for more about Dr. Jarrett.