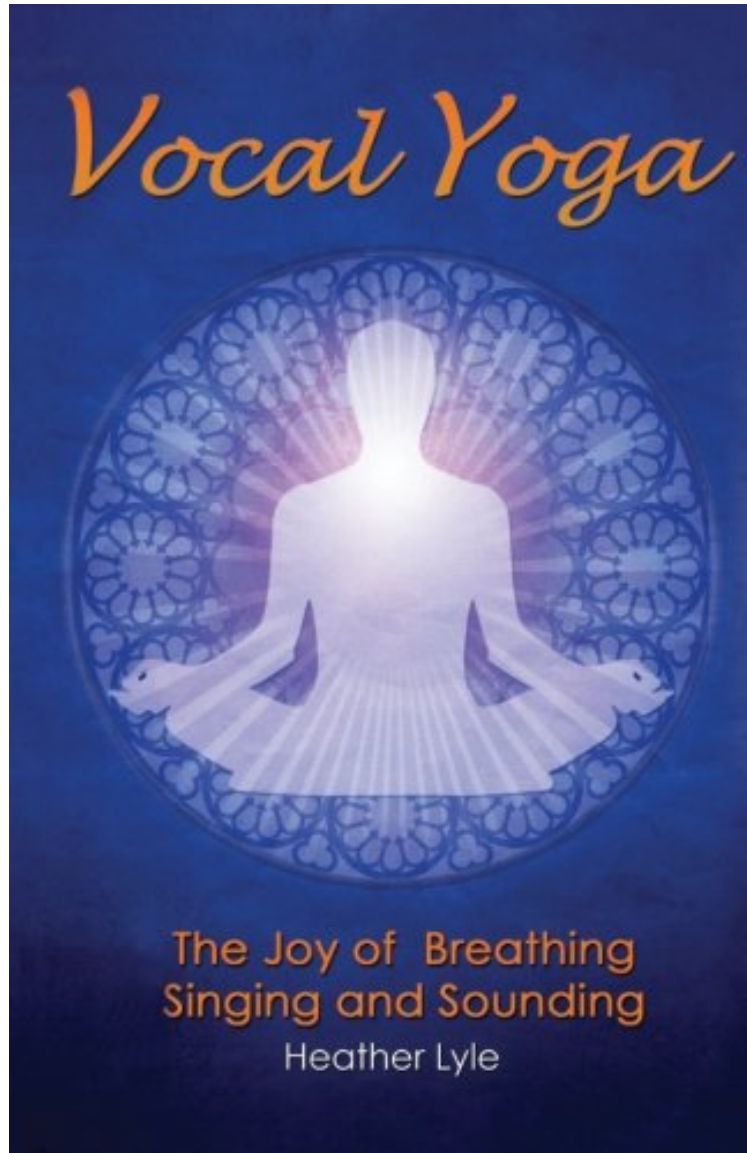


[Pdf free] Vocal Yoga: The Joy of Breathing, Singing and Sounding

Vocal Yoga: The Joy of Breathing, Singing and Sounding

Heather Lyle

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Heather Lyle : Vocal Yoga: The Joy of Breathing, Singing and Sounding before purchasing it in order to gauge whether or not it would be worth my time, and all praised Vocal Yoga: The Joy of Breathing, Singing and Sounding:

2 of 2 people found the following review helpful. A Huge Treasure in Such a Modest Container By Keith Novare This book looks at the deep-down -- and physically most demanding -- roots of voice-production. It does an amazingly good job of coming at the subject from, seemingly, every possible angle. The author's descriptions and explanations of the various aspects of the body and of sounding, are exceptionally clear and meaningful. She provides easy-to-follow

instructions for numerous helpful exercises and techniques. And she does it all so economically, it's a wonder so much material is covered in a book whose size is so manageable. 1 of 1 people found the following review helpful. I like yoga, and I like singing. By Laura I thought this book would be more about sounding and less about breathing and actual body yoga. I like yoga, and I like singing, but I thought it would be more about making noises with your vocal chords, vocal chord yoga. 3 of 3 people found the following review helpful. Very scattered. By enjoying the journey. A compilation of exercises that seems quite random, many very interesting, but no way for an inexperienced singer to create an exercise program from these. Need editing and order to be useful.

Heather Lyles Vocal Yoga, the Joy of Breathing Singing and Sounding is the first book of its kind synthesizing techniques from Yoga, pranayama, Tai Chi, Alexander Technique, Feldenkrais, The Bel Canto School of Singing, Sanskrit chanting, classical speech training and jazz improvisation, to unblock the breath and free the voice. Vocal Yoga contains 100 exercises that promote vocal freedom, resonance, and power, and help you uncover tension that might be hindering your voice and creative expression. Whether you are a singer, actor, yogi or public speaker, you will gain a better understanding of your voice and how to become one with it. Look in Amazon's MP3 store under Heather Lyle to purchase Lyle's double CD: VOCAL YOGA SINGING EXERCISES. 44 vocal exercises to improve your voice!