

VOCAL TIPS AND TECHNIQUES

LAURA & BENNY



DISCOVER YOUR TRUE VOICE: A COMPREHENSIVE GUIDE
TO VOCAL TECHNIQUE
BY LAURA & BENNY

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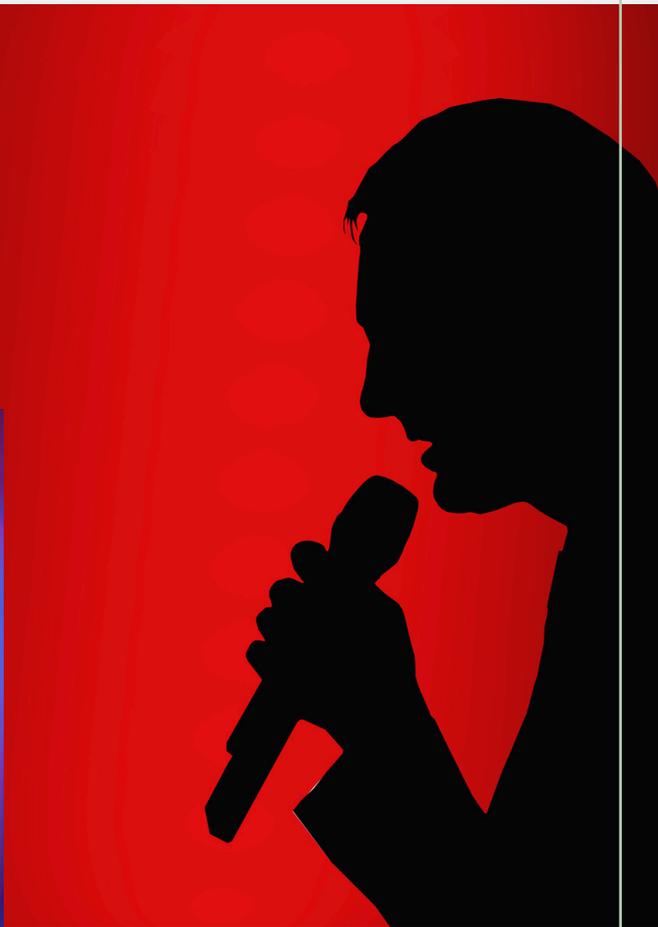
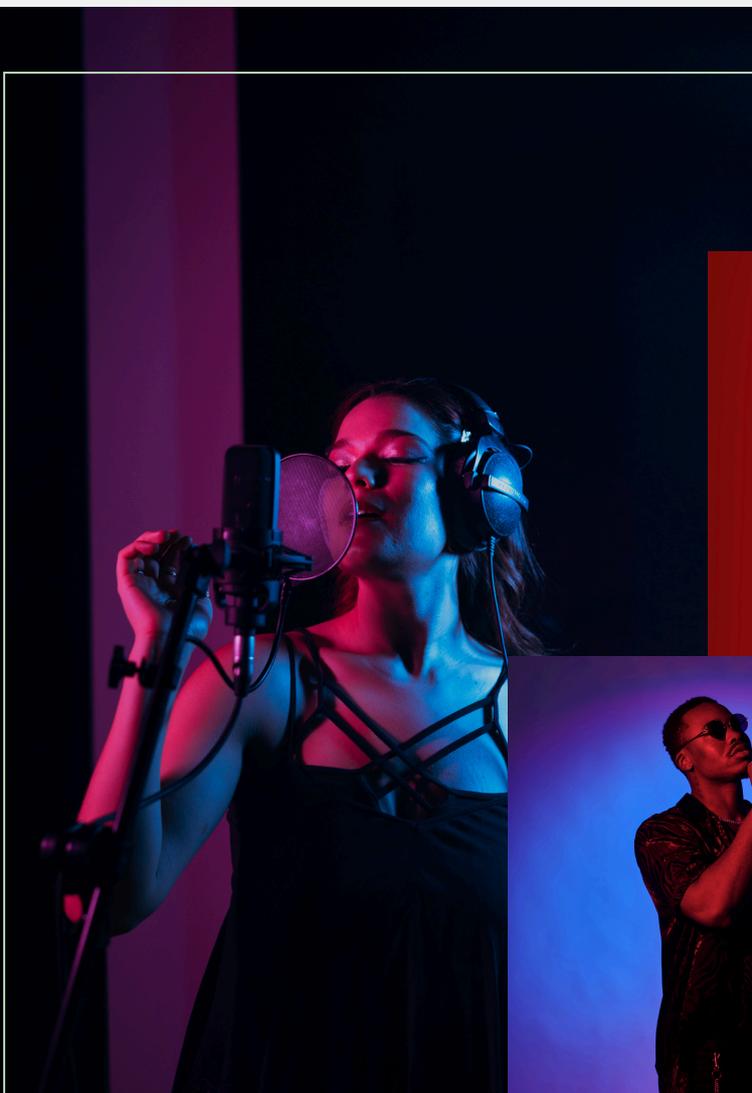
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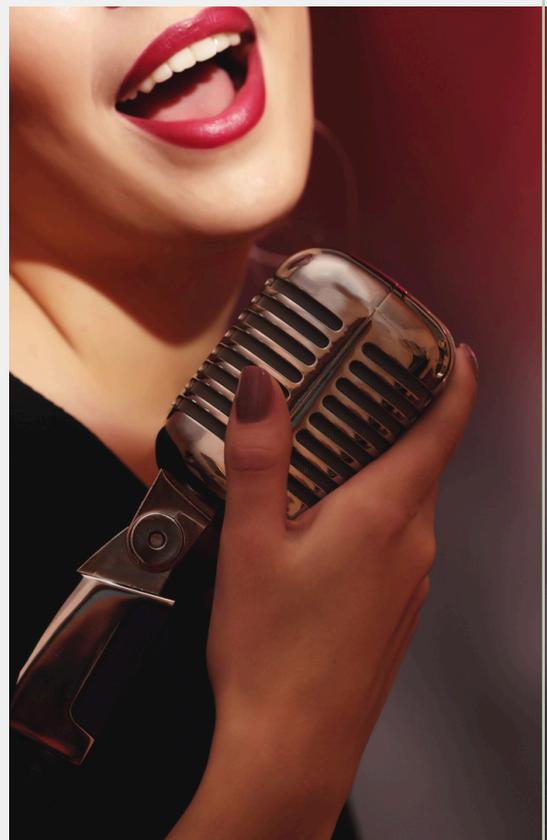




INTRODUCTION

Welcome to our guide! We are Laura Sheerin and Benny, a passionate duo of singers dedicated to helping you explore and develop your unique vocal abilities. With years of experience on stage and in the classroom, we've seen firsthand the transformative power of music and the joy it brings to both performers and audiences alike.

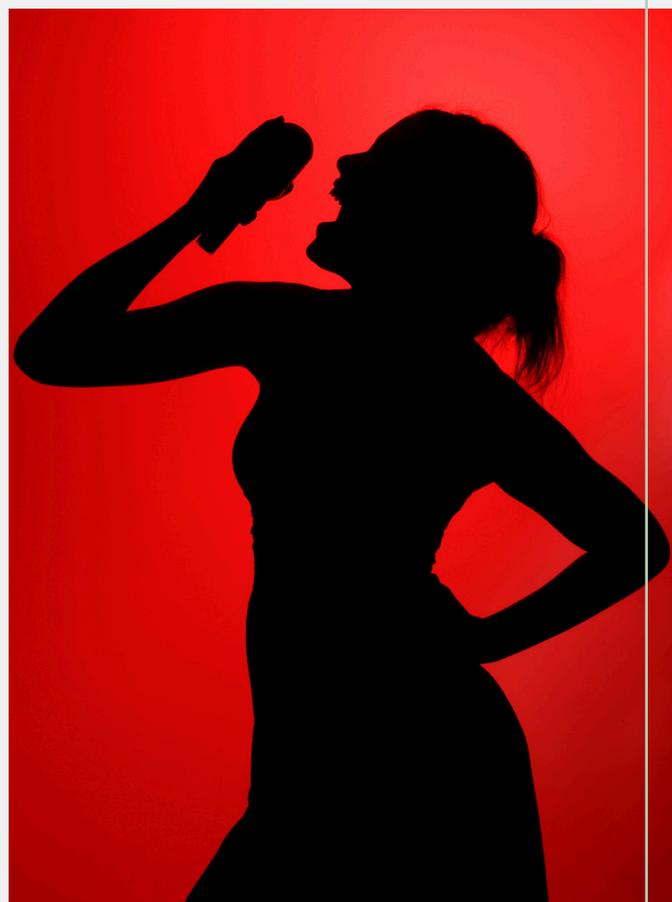
In this guide, we'll share our insights into vocal technique, offering practical tips and exercises designed to help you find your voice and express yourself with confidence. Whether you're just starting your singing journey or looking to refine your skills, we're here to support you every step of the way. Let's embark on this exciting adventure together!



HOW THE VOCAL CORDS WORK

Your vocal cords, or vocal folds, are two bands of muscle located in your larynx (voice box). When you sing or speak, air from your lungs passes through the vocal cords, causing them to vibrate and produce sound. The pitch and tone of your voice are determined by the tension and length of the vocal cords.

- Pitch: Adjusted by tightening or loosening the vocal cords.
- Volume: Controlled by the force of the air passing through the cords.
- Tone: Influenced by the shape and size of the vocal tract.



WHAT IS VOCAL TECHNIQUE?

Vocal technique refers to the methods and practices used to control and improve the quality of your voice. Good technique helps you sing with ease, power, and clarity while preventing strain and injury. Key aspects of vocal technique include:

- **Breathing:** Learning to breathe efficiently and use your breath to support your singing.
- **Support:** Engaging the muscles of your abdomen, back, and sides to provide a steady airflow and control over your voice.
- **Resonance:** Utilizing the natural resonating spaces in your body (chest, mouth, nasal passages) to amplify and enhance your sound.
- **Articulation:** Clearly shaping and enunciating words and sounds.



BREATHING AND SUPPORT



Breathing and Support

Importance of Proper Breathing

Proper breathing is the foundation of good vocal technique. It allows you to sing with power and control without straining your voice.

How to Support Your Voice

1- Breathe Low: Inhale deeply into your abdomen, expanding your belly, back, and sides.

2- Engage Your Diaphragm: Use your diaphragm to control the airflow as you sing.

3- Maintain Steady Pressure: Keep a consistent and steady breath pressure to support your singing.



VOCAL EXERCISES

Breathing Exercises

1-Diaphragmatic Breathing: Lie on your back with a book on your abdomen. Inhale deeply, making the book rise. Exhale slowly, making the book fall.

2-Sustained Breaths: Inhale for 4 counts, hold for 4 counts, and exhale for 4 counts. Gradually increase the duration as you improve.

Vocal Warm-ups

1- Lip Trills: Produce a buzzing sound by blowing air through your closed lips while humming. This helps to relax and warm up your vocal cords.

2- Sirens: Glide from your lowest note to your highest and back down, like a siren. This exercise helps to connect your vocal registers smoothly.



ADVANCED TECHNIQUES

Chest Voice vs. Head Voice

- Chest Voice: The lower, stronger part of your vocal range. Used for powerful, full sounds.
- Head Voice: The higher, lighter part of your vocal range. Used for softer, more delicate sounds

Mixed Voice

The mixed voice combines elements of both chest and head voice, allowing for a seamless transition between registers. It is essential for singing high notes with power and without strain.



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MAINTAINING VOCAL HEALTH

- **Stay Hydrated:** Drink plenty of water to keep your vocal cords lubricated.
- **Warm Up and Cool Down:** Always warm up your voice before singing and cool down afterward.
- **Avoid Overuse:** Give your voice rest between singing sessions to prevent fatigue and injury.

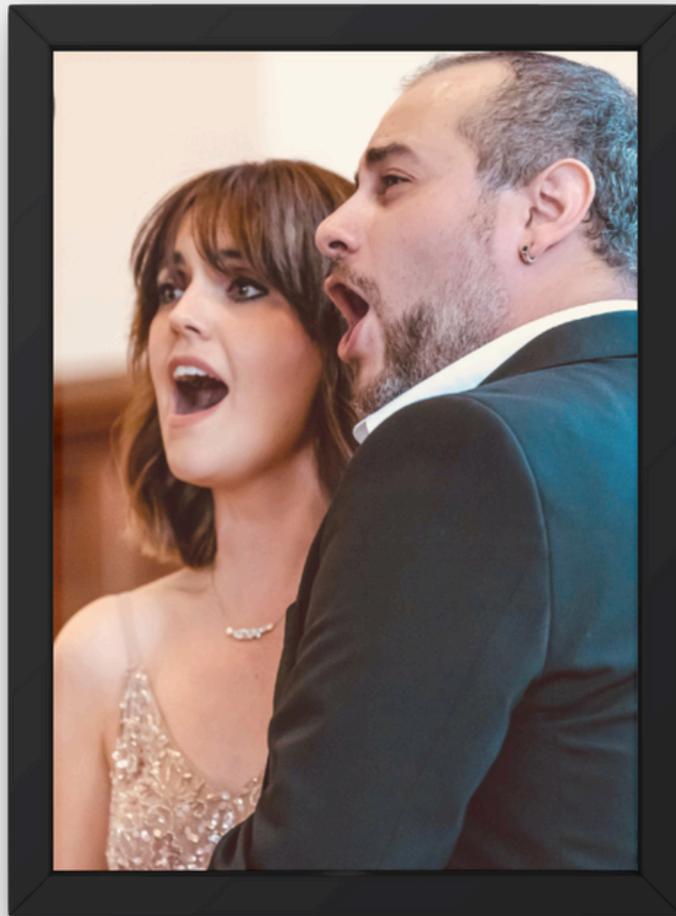


STAY CONNECTED

We'd love to stay connected with you beyond the classroom! On our social media, we share vocal tips, practical exercises, and advice on how to care for your voice, along with behind-the-scenes glimpses into our musical journeys. Whether you're looking for daily inspiration, motivation for your practice, or helpful tips to refine your technique, you'll find plenty of useful and engaging content. Don't forget to follow us to stay updated on our latest projects, collaborations, and performances. We're excited to be part of your musical journey and help you grow as an artist!

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