

Practice Tips for Singing Students.

It is essential that you supplement your lessons with a regular practice routine, so I have set out for you some helpful tips.

Relax:

- You will get the best practice done when you are relaxed. Check the muscles in your shoulders to see if they feel tense or relaxed.

Breathe:

- All effective singing will stem from good diaphragm breathing technique, so it is vital to start your singing practice off by doing a couple of breathing exercises. *Remember don't wear clothes that are very tight fitting when you do your practice, they can be very restrictive.*
- Aim to gradually increase your breathing cycles, so that you can support your notes for longer.

Get you voice out:

- Some students tell me that they just sing quietly to themselves in their practice sessions: **this is a complete waste of time!!!**
- You need to get used to singing out, and giving your voice a 'workout'.
- Start by doing some easy scales that use the middle of your range, and gradually progress to more challenging exercises that will work the extreme ends of your range.
- For most people **15 minutes** of breathing and technical workout per day is about right - unless you are very advanced.

Practice your songs:

- The place to pull together your breathing, diction, intonation etc into one place is your song(s). Don't let your technique go out of the window when it comes to your song - the two should work together.

Finally, your practice routine should be daily (or almost daily) and should last for 20 - 30 minutes, bringing you to **2 - 3 hours per week**. This is ESSENTIAL if you want to improve - your lesson is only a small part of your overall learning!