

HOW TO WARM UP WITH C.O.R.E. VOCAL POWER®

The chart below explains the purpose behind each one of the four steps of C.O.R.E., which were designed to help you integrate mind and soul awareness into your everyday singing practice.

CONNECT

- Quiet Time (4x4x8 Breathing)
- Visualize yourself singing the way you'd like to

PURPOSE

Create a safe, supported path way for your voice to emerge. Achieve calmness, clarity and an authentic connection with self.

OBJECTIVE

- Define what you want to accomplish ("To sing with power and ease on any note.")

PURPOSE

Create a plan and intention for your practice session.

RESONATE

- Dot's Sustained Vowel Power (Mmoh, Mmooo, Mmeee, Mmah, Mmay)

PURPOSE

Build and experience a soulful voice by connecting to the vibration of your own sound within each vowel. Release tension areas in the body.

EXERCISES

- Dot's Simple Stretches (Scrunch Stretch)
- Air drills (Lip and Tongue Trills)
- Blow, Blue, Blay, Blah, Blee
- Gee, Gay, Gah, Goh, Goo
- Ya's

PURPOSE

Realease tension in the neck, jaw and tongue. Balance and warmup vocal folds. Re-train the outer-larynx muscles to relax. Singing with vocal freedom up and down the scale.

DISCLAIMER:

This audio program is intended to provide educational information and adventatageous skills for singers and speakers. The contents herein may not be misconstrued as medical advice or instruction. Listeners should consult appropriate health professionals on any matter relating to their health and well-being. The opinions expressed herein are believed to be accurate, based on the best judgment available to the author. Listeners assume the risk of any injuries for failing to consult with appropriate health authorities.