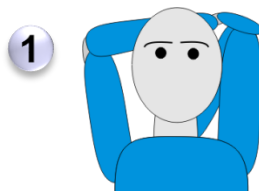


Muscle-relaxation exercises for the voice



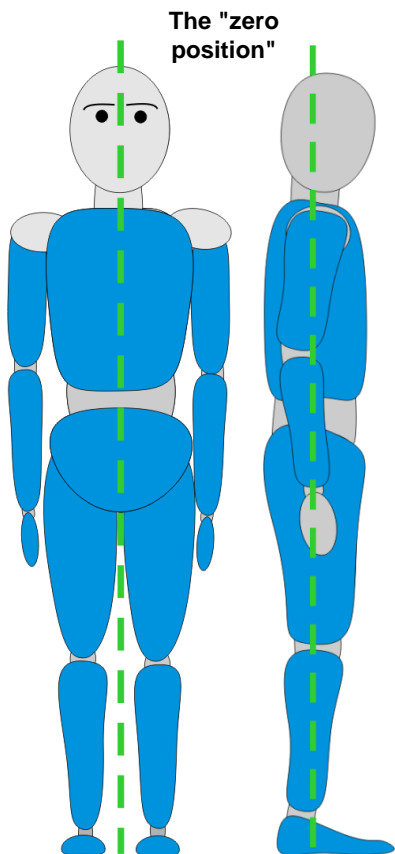
Muscle-relaxation exercises

Doing **muscle-relaxation** exercises helps to **improve vocal activity**

MUSCLE-RELAXATION EXERCISES

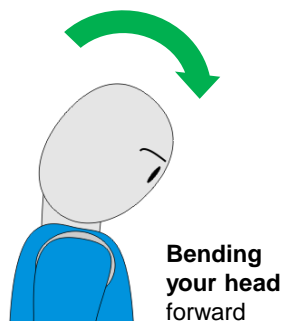
Start the muscle-relaxation exercises from the "zero position", in which the **body is aligned and balanced**.

Ensure that your **position is comfortable, upright and symmetrical**.

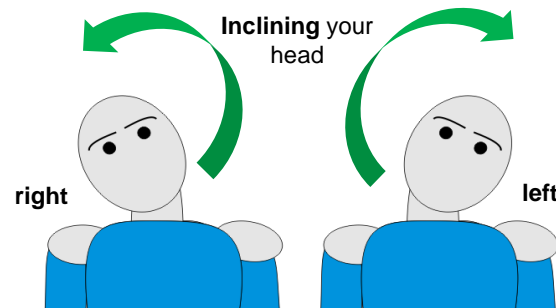


The "zero position"

The exercises should be performed **smoothly**, slowly and without **tensing too much**.



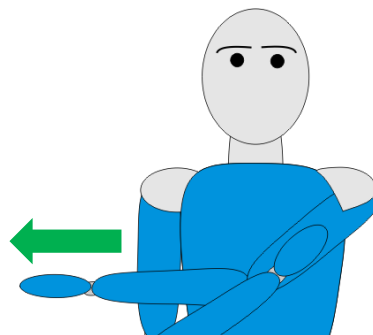
Bending your head forward



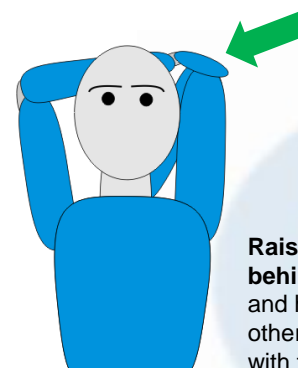
Inclining your head

right

left

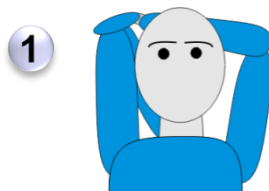


Adduction of the arm. First with one arm and then with the other.



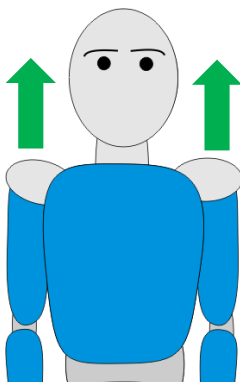
Raise one arm behind your head and hold it with the other. Then do it with the other arm.

Muscle-relaxation exercises for the voice



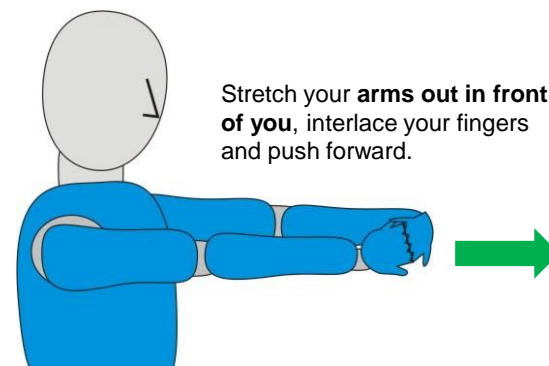
Muscle-relaxation exercises

Make sure that you do the **postural relaxation** exercises before a class.

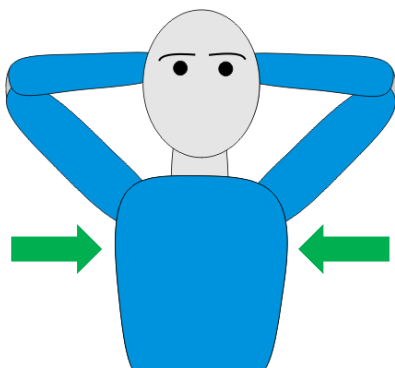


Raise your shoulders for a few seconds and then let them fall by relaxing your muscles. Then raise your shoulders again.

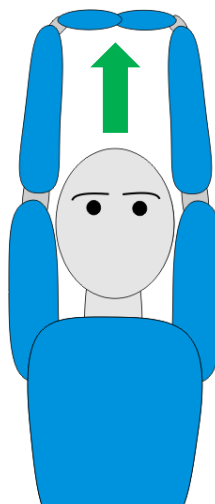
Raise your arms above your head, interlace your fingers and **push upwards** with the backs of your hands facing the ground.



Stretch your **arms out in front of you**, interlace your fingers and push forward.



Clasp your **hands together behind your head** and arch forward, **alternating tension and relaxation**.



Remember

Doing **postural relaxation** exercises contributes to the improvement of teaching in the classroom.

Try to do these exercises **before using your voice**.



Do each exercise **10 times**.

