

Date: Fri, June 2 2023

Repertoire:

Warm up/Exercises	Intention	Time
123456789	legato	
1-8- 1 lip trill		
resonance sigh on body		

Notes:release air small wide soft palateturn but open lean into the sigh release the sound all the body

Body

Realease

When unstable

Lean into sigh

If breath is uncomfortable do lip trill

Resonance in zygomatic arch but focus far off

Lean into sigh

Release voiced

Chest under engaged

Date: Wednesday, May 24, 2023

Repertoire:

Warm up/Exercises	Intention	Time
13431 tongue trills	full bodied air flow	5-10
bidibidibidibidibi	throw voice	
run 1-9		

Notes: dont be afraid to open the front at the top

Go with easy

Open more in front? Really sigh!! Let it feel like it will crack. It hasn't yet

Out and legato DASSSIT!!! Slides are

1 establish first not

2 go quickly

3 stay on top

Date: Sunday, May 21, 2023

Repertoire: Boheme

Warm up/Exercises	Intention	Time
run5-1-9-1	agility and breath	
12321		

Notes: start easy if you need to

Blow back if the throat open
Keep front dry

Only body

I am enough the voice is enough now
Without change

Slide