Muscle-relaxation exercises for the voice

Doing muscle-relaxation exercises helps to improve vocal activity

MUSCLE-RELAXATION EXERCISES

The "zero position"

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

Bending your head forward

Inclining your head right and 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.
Make sure that you do the **postural relaxation** exercises before a class.

**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**.