

## Routine for Singers

10 – 15 minutes with an option of an additional 10 minutes.  
Level 1 difficulty with more demanding options.

This is simple but effective routine that will loosening up all your breathing muscles and your throat for richer, fuller singing. In its simplest form, the routine takes about 10 minutes. If you'd like to do even more yoga for your singing, we've included the option of even more poses. These extra poses are designed to strengthen your breathing muscles, give you more control over them while also relaxing your breathing.

**The key** to this routine is to do strong, vigorous movements. Do the Abdominal Lifts as deeply and vigorously as possible. For poses 2, 3, 4 and 5, use *Breathing Theme 5*, taking the time for a little extra air in with a little extra stretch when you breathe in, and a little extra air out with a little extra stretch when you breathe out. This gives you the deepest stretching and strongest workout with the least chance of injury.

If the strong breathing makes you dizzy, you can remedy this by taking extra time to breathe out. Also, pause for a heartbeat or two after each breath out before you breathe in again.

Make sure your movements are strong, going for deep stretches. For this reason, it's important that you are very comfortable with the poses first, knowing your normal limits and respecting them during your workout.

## Routine for Singers

(Best done in the morning on an empty stomach)

Do the following five poses in sequence, twice, (3 times if you have an extra 5 minutes and want to progress much faster). Except for the abdominal lifts, use *Breathing Theme #5 – Extending with the Breath*, taking the time for a little extra air in with a little extra stretch when you breathe in, and a little extra air out with a little extra stretch when you breathe out.

### 1. Abdominal Lifts

20 – 50 lifts on a single exhalation

Do the lifts deeply and vigorously

### 2. Butterfly Breathing

5 – 15 breaths

Breathe in and out fully

searching for more and more of a stretch

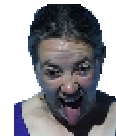
as you breathe in and as you breathe out.



### 3. Lion

Once, holding for 4 – 6 breaths

Remember to stretch the back of your tongue out into the room as much as possible, and to open your jaw wider and wider, stretching more and more each time you breathe out and then hold your position as you breathe in.



### 4. Neck Stretches

Once to each side

Hold for 3 - 8 slow breaths on each side.

With each breath out notice your body relaxing & letting go, giving you more and more of a stretch.

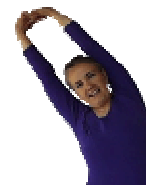


### 5. Simple Side Bend

Once to each side

Hold for 3 – 8 slow breaths on each side.

With each breath out notice your body relaxing & letting go, giving you more and more of a stretch.



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After you've done the above poses, twice or three times each, you're ready to go on with your day or do your other poses.

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## Additional Poses

### Eagle's Wings

This loosens the neck and shoulders beautifully for easier breathing.

Once with right arm on bottom.

Once with left arm on bottom.

**3 – 8 slow breaths out.**

With each breath out, bring your elbows down farther and farther.



Use *Breathing Them 5*

### Standing Wide Angle with Twist



First to the front, (Wide Angle Pose) and hold for 6 or more breaths.

Then twist to one side and hold for 2 - 3 breaths.

Then return to the front and hold for 2 - 4 breaths.



Then twist to the other side - hold for 2 - 3 breaths.

With the twist search for more and more of a twist as you breathe out. Take your time breathing out.

At the front, the Wide Angle Pose, use *Breathing Theme 1* or *2*, feeling your body let go and relax into the stretch more and more every time you breathe out.

### Shoulder Stand at whatever level you can practice it.

Hold for 1 – 3 minutes

(20 – 60 breaths)

While holding the pose relax your body bit by bit, more and more deeply with every breath out.



### Leg Fold

Briefly, to help compensate for the Shoulder Stand.

Simply enjoy the stretch at whatever intensity you like.



## **Breathing**

### **1 – 3 minutes**

Practice any of the *Serenity Yoga* breathing exercises, like *Abdominal Breathing*, *Chest Breathing 1*, *Chest Breathing 2*, the *Wave* or *Breathing Theme 15*, (to loosen your breathing), or any *Yellow Level Breathing Exercise*, (to pace your breathing).

## **Step-by-Step Relaxation or The Sponge**

### **1 or more minutes**

These are important, highly effective relaxation 'exercises' that help you learn to deeply and deliberately relax. As you master these exercises you will be able to have more relaxed breathing and be able to relax internally for richer, fuller singing.