
Best Practices for Improvement

Tips and Tricks



HEARTSONG
— VOCAL STUDIO —

Voice Training Tips & Tricks

Why do we call this voice training?

1. There are muscles involved in breathing and singing, which are crucial to breath control, maximum resonance, effortless voice production, flexibility, and dynamics.
2. Just like any muscle, the muscles involved in singing need to be exercised and trained consistently and carefully so that they are strong, easily-controlled, flexible, and useful.
3. Essentially, the more you practise and train those muscles, the better you will get at mastering them.

Suggestions for your practice sessions:

1. 30 minutes of training and practice per day should be your minimum goal for best results.
2. Avoid excessively long practice sessions only once or twice a week; this may harm your voice especially if it is unfit and untrained.
3. Work through your syllabus carefully, without rushing, so that you reap the rewards of your journey.
4. Add one exercise per week, slowly building up to all the exercises you need to learn and know per practice session.
5. Begin each session with a warm-up; this is crucial so as not to harm your vocal cords!
6. Save your songs for the end of your practice, as a reward!

What is the most important thing to remember while practising?

Music is your heartsong, so do not practise to the extent that you dread it. Rather, enjoy your practice sessions, seeking enhancement and inspiration as you go!