



## Introduction to Voice Lessons

This syllabus is a flexible and general guideline for the beginning of your training. After you have a firm grasp on these introductory skills and concepts, we can move on to more intermediate ones.

### Introductory Objectives

The primary objective of this introduction is to create a strong, healthy foundation for the voice, by developing skills and building muscle that will build confidence for, and prevent vocal injury from, mastering more difficult skills in the future.

The secondary, but very important objective is to have fun! You're probably here because you have a love for music. Serious training can sometimes kill that passion and turn singing into a chore. I believe we will see the most success when you are enjoying yourself and are self motivated to do the work. Note:

We never want to strain you with vocal challenges your body has not been prepared for as this can be physically and mentally damaging. This will be discouraged in and out of class time.

### Class Scheduling

A consistent weekly schedule is ideal to ensure the most consistent vocal growth, however, life does get in the way. So, scheduling will be flexible to accommodate both of our schedules.

Scheduling for the next class may be done at the end of class sessions, or via email.

If there are to be any last minute changes to the schedule, including tardiness or cancellations, text is preferred to deliver this information.

### Class Format

Class will be held via video chat. Zoom is the preferred platform for this because I can present and share other materials and videos while maintaining video presence, however, FaceTime, or Skype can be accommodated.

Early classes will include a warm up with the entire body to strengthen and prepare the voice, some lecturing, extended exploration of the voice through vocal exercises, and potentially meditation. Later classes will go on to include other demonstrations of skills through song preparation.

## Requested Materials Optional Helpful Materials

Water Speaker Pants you can move in (not jeans) Mirror A fitted top (for monitoring breath movement) Keyboard/piano Straw (preferably metal) Yoga mat/blanket/towel/carpet (comfortable surface to lay/sit/exercise on)	Planned materials like sheet music, handouts, or accompaniment sent in advance Pencil Device for playing videos and accompaniment (Separate device from video call preferred)
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## Introductory Skills and Concepts

Anatomy of the Voice  
Vocal Hygiene  
Alignment  
Breath Technique  
Identifying Vocal Limits  
Identifying and Eliminating Tension  
“Spacement”  
Singing Headspace  
Solfège

## Teaching/Learning Style

As a person who has often struggled with traditional teaching styles, I understand the value in an individualized program. I want to know how you learn best.

I may suggest certain methods for understanding a concept. It is important to give these some time as certain concepts take a while to set in. But, if it isn't working for you, we can work together to find a way that does.

We will discuss learning strategies during our first lesson.