

Vocal Pedagogy and Healthy Vocal Habits

What IS Vocal Pedagogy?

*P.B.P.R.

Posture (seated/standing)
Sternum lifted (breastbone)
Feet shoulder-width apart
Spine stretched (Alexander Technique)

Breathing
Clavicular (high) breathing
Diaphragmatic (low) breathing

Phonation (onset of vocal sound)
Vocal folds (bands, cords)

Resonance (soft palate lifted/larynx lowered)
Nasopharynx (mask, front)
Laryngopharynx (throat, back)

Maintaining a Healthy Voice

- *Proper Hydration
- *Good Nutrition
- *Proper Sleep
- *Vocal Rest (illness, excessive vocal activity)
- *Avoid yelling or screaming!!!

