

# How to Sing, Simplified. Part 1.

*A simple starter guide to making your voice feel easier, freer and more natural.*

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01



## Stand Tall

*POSTURE*

Think tall, not stiff. Feet grounded, knees soft, shoulders relaxed. Keep your chest up and open, and imagine, from the side, a straight line from ear, shoulder, hips, knees and ankles.

02



## Breathe Low & Easy

*BREATH*

When the breath comes in, let the ribs and stomach expand naturally. Don't let the breath lift your shoulders or strain your neck.

03



## Release Your Throat

*OPENNESS*

Your throat is not a muscle to squeeze. Keep your jaw, tongue, and neck loose. Imagine the sound floating up and forward.

04



## Let the Air Do the Work

*AIRFLOW*

Allow the air to flow while exhaling on shhh, sss, and fff, letting the belly come in, while keeping the ribs expanded. Don't force it.

05



## Warm Up & Strengthen

*TRILL • BUZZ • HUM*

Warm up and strengthen your voice using sounds like lip trills, a buzzing “zzz” like a bee, and humming on slides and on major and minor scales.

06



## Practice Your Songs

*BREATHE → SING*

Practice songs with the same breathing from Point 4. Keep the ribs expanded. Breathe in so the belly expands — when you sing, the tummy follows the air.

### GOLDEN RULE #1

*If singing feels harder, don't automatically use more effort. Pause, release, reset — then try again with less force and more coordination.*