

# Singing Workshop

with Donna Linklater

Friday, October 25th 2019





# Introduction



## **Who can sing?**

Are there any barriers that would *prevent* someone being able to sing well?



## **Why do we sing?**

What brought you here tonight?

What benefits do you think singing can bring to your life?



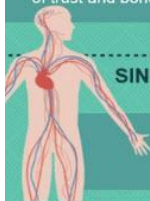
## PHYSICAL BENEFITS



## PSYCHOLOGICAL BENEFITS

### 1 SINGING RELEASES FEEL-GOOD HORMONES

Singing releases endorphins and oxytocin. Endorphin is a hormone associated with the feeling of pleasure. Oxytocin is a hormone considered to decrease anxiety and stress as well as increase the feelings of trust and bonding.



### 2 SINGING BOOSTS IMMUNITY

Singing boosts immunity by promoting a healthy lymphatic system. Singing also helps fight diseases.

### 3 SINGING LOWERS BLOOD PRESSURE

A case study showed that singing can reduce blood pressure given its calming effect.



### 4 SINGING IMPROVES BREATHING

The act of singing requires breathing. As a result, the body has improved blood circulation and oxygen flow.



### 5 SINGING IMPROVES OVERALL HEALTH AND WELL-BEING

People who sing require less visits to the doctor and don't need as much medication. They are also less likely to be depressed.



### 6 SINGING LOWERS ANXIETY AND STRESS

Singing is associated with decreased levels of anxiety due to the release of oxytocin.



### 7 SINGING PROMOTES SOCIAL BONDING

Singing and especially choral singing creates opportunities for cooperation and social bonding.



### 8 SINGING IMPROVES HAPPINESS

Singers reported feeling happier and better connected. Singing reduces feelings of depression and loneliness.



### 9 SINGING IMPROVES COGNITION

Some studies found that musicians and singers have generally higher IQs than non-musicians. Many successful people are also good musicians.



### 10 SINGING LEADS TO LONGER LIFE

One report concluded that singing promoted both better health and mental state, which led to higher life expectancy.





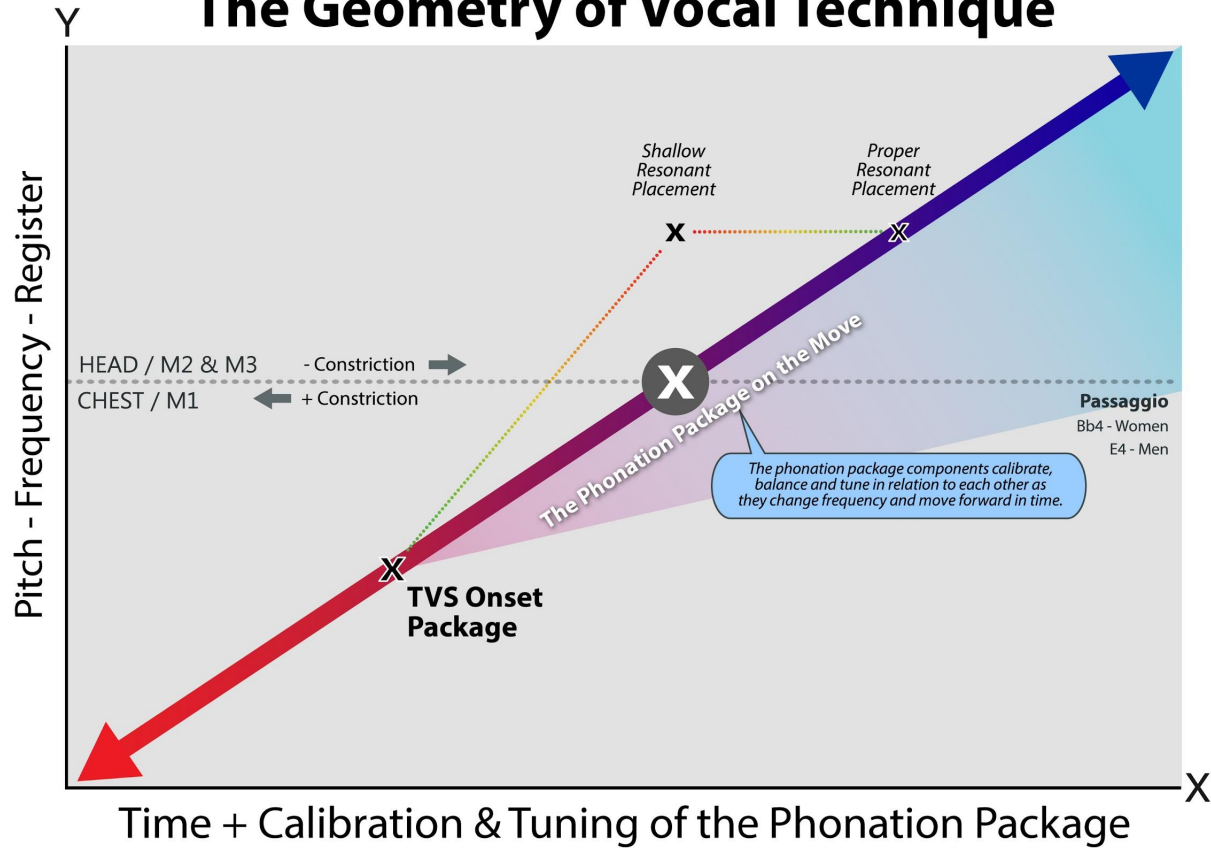
**How do we  
sing?**



## How do we sing?

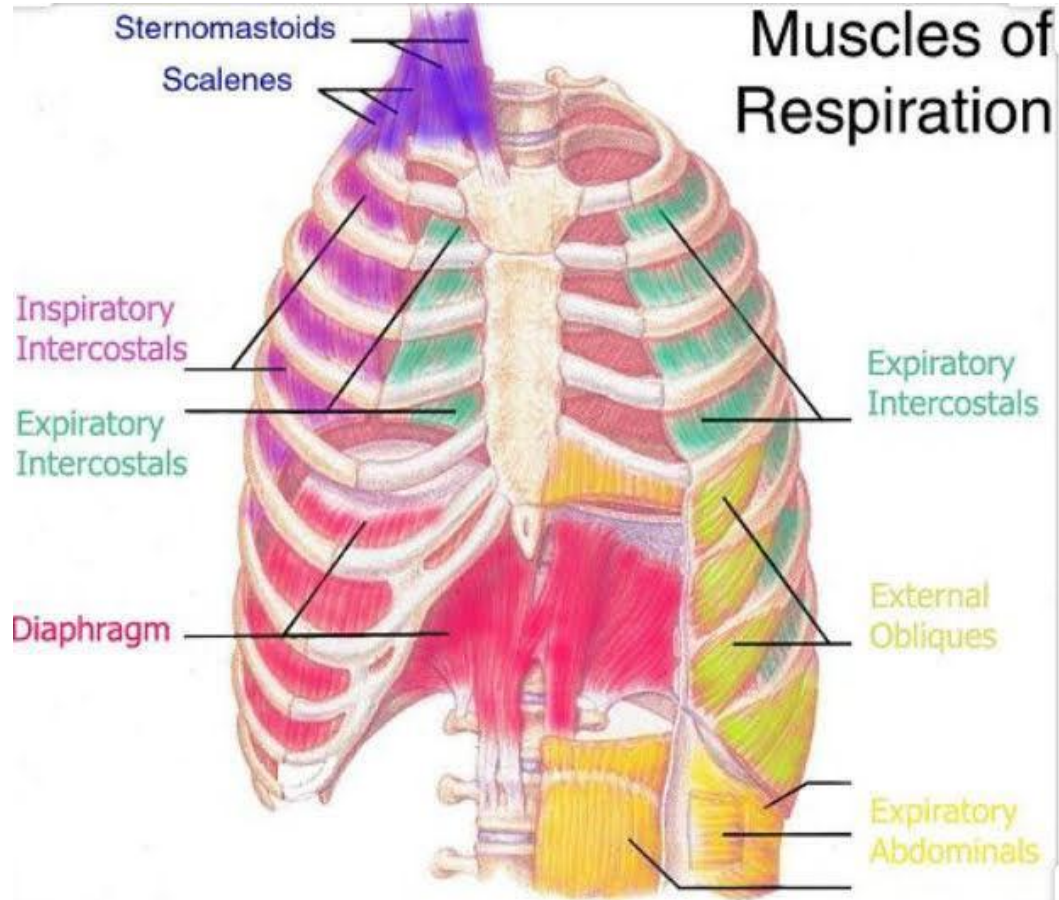
- Inhalation
- Exhaling } Breathing
- Body placement
- Head placement
- Mouth placement

# The Geometry of Vocal Technique

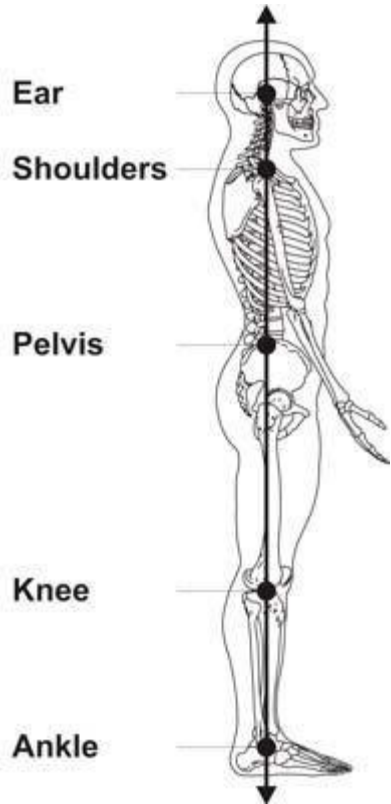




# How do we breathe?



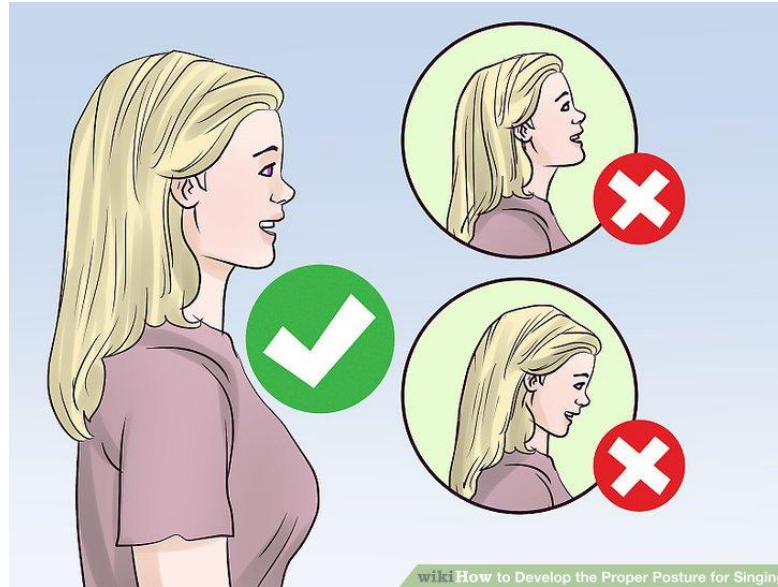
# Body placement (posture)



- Aim for natural alignment
- Shoulders down
- Sternum raised
- WATCH for tension

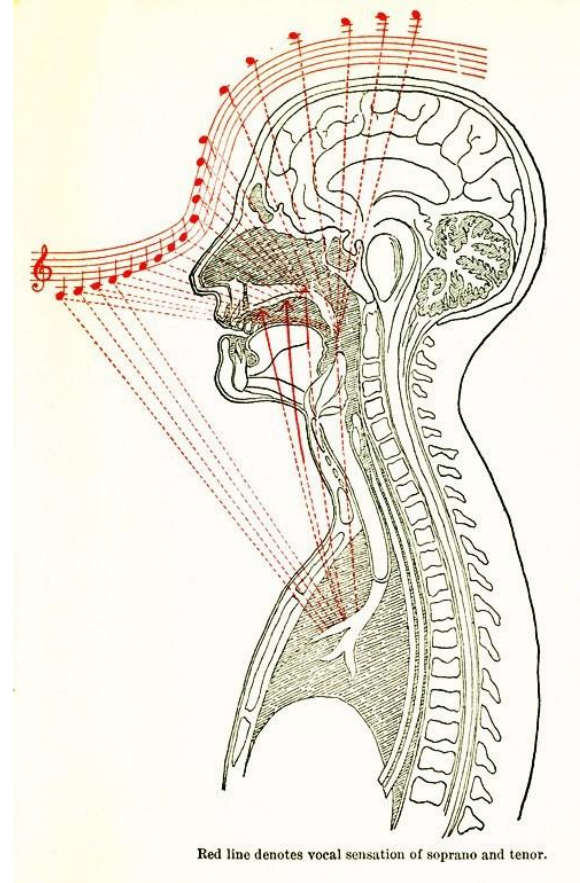


# Head placement



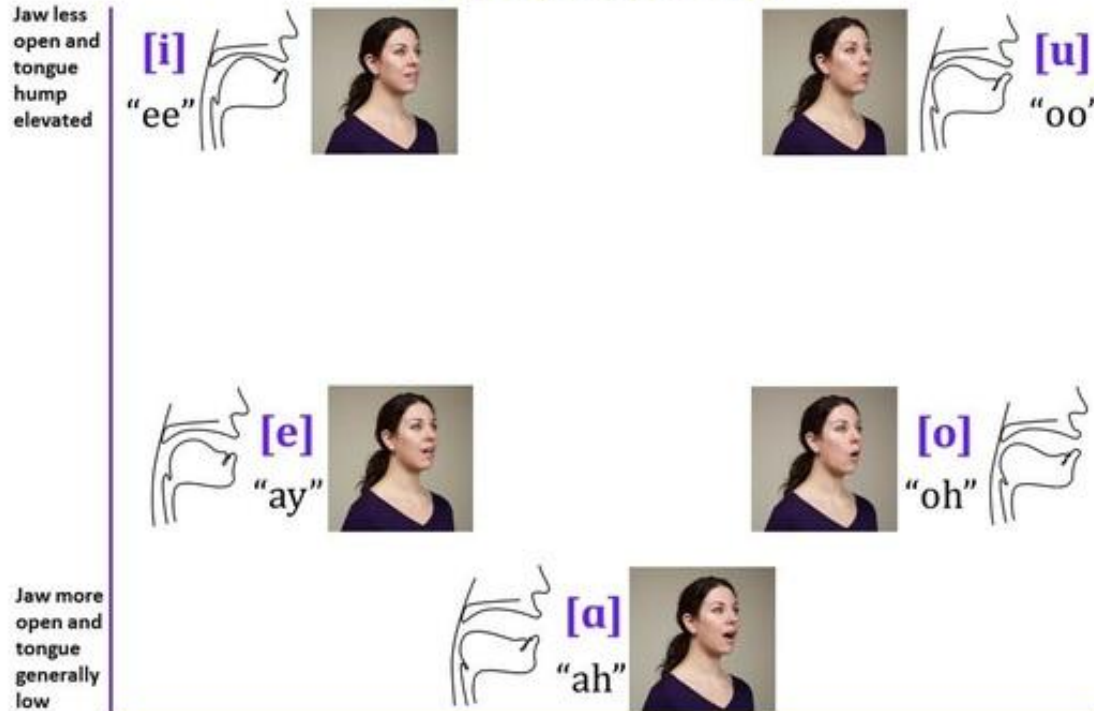
# Where does our voice resonate?

- Head Voice
- Chest Voice
- Mixed



# Mouth placement: 5 vowels

## Vowel Spectrum Chart

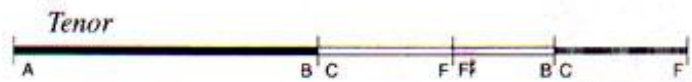
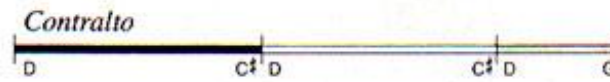
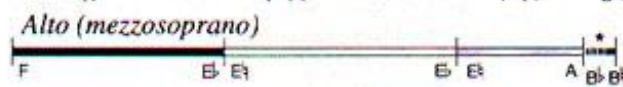
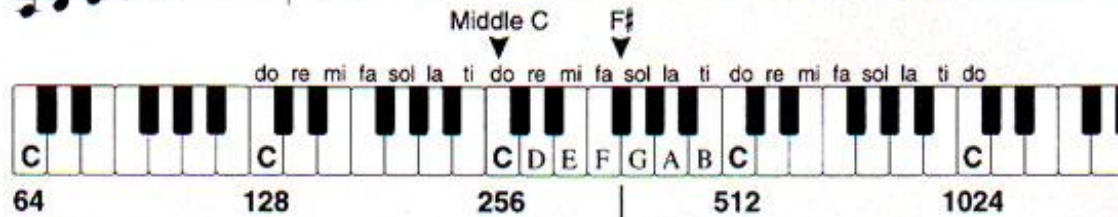


Jaw more open and tongue generally low

Jaw less open and tongue hump elevated

Front Tongue Elevation  
Lateral Lip Opening

Back Tongue Elevation  
Rounded Lip Opening



- First register
- Second register
- Third register
- Fourth register

\* Mezzosoprano "Verdiana" is not strictly a fourth register.



[https://www.youtube.com/playlist?list=PL2LVWuU01\\_NynloCICSNn\\_rykvU-4iRGs](https://www.youtube.com/playlist?list=PL2LVWuU01_NynloCICSNn_rykvU-4iRGs)



# Alleluia, Gracia Deo

*Round for 3 voices*

Anon

Voice

Al - le - lu - ia, Al - le - lu - ia Gra - ci - a De - o. Gra - cia

6

De - o, Al - le - lu - ia Gra - cia

10

De - o, Al - le - lu - ia



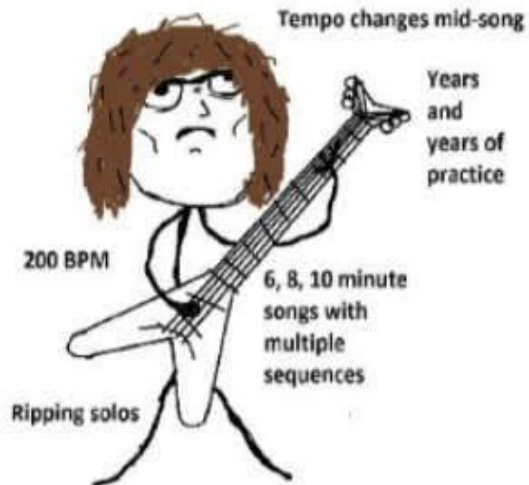
# Keeping Our Voices Healthy

- REST (pay attention to your body)
- Water and fluids
- Wash your hands, get your flu shot, take your vitamins (ideas?)
- No smoking
- Alcohol
- Food?

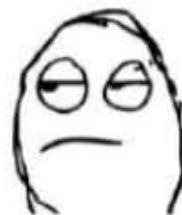


# Stage Fright and Performance Anxiety

- Being somewhat afraid is *normal*
- Practice and memorize
- Practice performing
- Mindfulness and breathing
- The “worst case scenario” onion
- Why are you performing?



**Public:**



Meh... Not impressed.



**Public:**



OMG, he's so amazing and talented!



# Where can we sing?

- Open mic nights [https://localwiki.org/toronto/Open\\_Mic](https://localwiki.org/toronto/Open_Mic)
- Canary pages: [thewholenote.com/canary](http://thewholenote.com/canary)
- <https://choirchoirchoir.com/>
- Form a band!



# **Petition to cancel booking for transphobic event on October 29th**

<http://chng.it/Gjdcn4pMRL>