

Yoga Vocal Workout (Intermediate. Advanced students may add Fitzmaurice Voicework© tremors) – The uninterrupted flow of breath with Yoga, voice, and text exercises.

Designed by:

Connie de Veer - Professor of Acting and Voice, M.AmSAT certified teacher of the Alexander Technique

Eva Balistreiri - Certified Yoga Instructor

Kevin Rich - Assistant Professor of Acting and Voice, Certified teacher of Fitzmaurice Voicework©, Artistic Director of the Illinois Shakespeare Festival

This workout is intended to be a practice engaged in regularly, over time, for the continual growth of the actor.

Desired Outcomes:

- To increase physical flexibility, strength, and stamina to support vocal expression of the whole Self.
- To keep the breath moving through challenging poses.
- To stretch and increase lung capacity, rib flexibility, and vocal stamina.
- To keep the vocal mechanism free of tension while moving and sounding through yoga asanas. Specifically, throat open, jaw, tongue, palate and face free.
- To practice inner equilibrium, calm, and focus during any challenging activity.

~~~

You will need a yoga mat, 2 yoga blocks if desired, towel, sweatshirt or sweater, and water.

### **A) Intro, Awareness of breath**

Begin lying on the floor in savasana. Feet wider than hips. Arms about 45 degrees away from the body, palms face up. Close your eyes.

Bring your attention to the breath. Without trying to change or adjust it in any way - begin to notice where and how it is moving in the body. Notice the rhythm, length, depth. Ask yourself: what does my breath say about my current state of being? (physical, mental, emotional)

Now - begin to alter the breath by taking long, slow deep breaths, lengthening the exhales. (Ujjayii) Allow the breath to move into the side ribs, up into the lungs - feeling expansion in the full torso (not just the belly). **Take time with this - two minutes or so.**

Notice the effect this has on your body and mental state - immediately calming down the system, creating more space, letting go of anything that is not serving you.

**(after a couple minutes)**

Deep inhale - full body stretch, reaching through fingers and toes

Exhale draw knees into the chest.

Begin to roll around on the spine, adding a touch of sound - huh/ huh-huh/ hummmmah -mah- mah)

Let go of sound and roll over to the right side, lying in the fetal position for just a moment with eyes still closed. From there, gently push yourself up and come to standing at the top of your mat.

**B) Tadasana/Mountain Pose**

- Standing - easy flow of breath without holding :
  - Release the head up as if letting go of the string holding a balloon
  - Feet sending energy into earth and coming up and away from earth, /balance on three points of feet
  - Knees and hips above ankles
  - Allow legs to lengthen towards the earth as hips float up, allowing sacrum to release down with gravity
  - Allow space between pubic bone and sternum, as spine lengthens in back
  - Allow space between collar bones / between shoulder blades.
  - Allow rib cage to expand in 360° (front, back, and sides)
  - Allow fingers to fall towards floor / allow space between hand and wrist / gentle pull from elbow to wrist and upper arm socket to elbow
  - Allow space between earlobes / behind eyes / behind nose / occiput to tops of shoulders / in throat / inside mouth / tongue
  - Advanced students could insert deconstructing standing arch position here

- Shift weight back into the heels, feel the quads engage. Lift the toes. Bring hands to heart center.
- Set an intention for your practice today & then - sealing intention with the sound of AUM (the sound of the universe, sound of all sounds) Exhale completely, deep inhale through the nose: AUM.

**1) HALF SUN SALUTE** - Keep the breath flowing, the throat open, the breath rooted, the jaw/tongue/palate free. Inhale on an open throat, exhale **Ujayii**

- Bring the feet together (if they aren't already)
- Inhale, circle the arms up
- Exhale, fold forward - hinging from the hips, bend the knees.
- Inhale monkey, hands to shins, flat back
- Exhale, fold forward
- Inhale, circle the arms all the way up, exhale hands to heart center
- REPEAT TWICE OR MORE

**2) MODIFIED SUN SALUTE A**

- Inhale, circle the arms up
- Exhale, fold forward, bending the knees
- Inhale monkey
- Exhale, step back into plank - Hold plank for 3 breaths, then inhale
- Exhale, lower the knees and lower all the way to the ground (elbows pointing back)
- Inhale low cobra, peel the chest off the mat, elbows pointing back
- Exhale, downward facing dog. Hips up and back. Hold for 5 breaths
- Inhale, bend knees, look forward
- Exhale step or hop feet to hands
- Inhale monkey
- Exhale forward fold

- Inhale, circle arms all the way up, exhale hands to heart center.

REPEAT 2 More times, just like that. THEN >

- Inhale, circle the arms up
- Exhale, fold forward, bending the knees
- Inhale monkey
- Exhale, step back into plank - Hold plank for 3 breaths, deep inhale
- Exhale, lower the knees and come into table pose. Wrists directly under shoulders, knees directly under hips.

### 3) TABLE SEQUENCE

- **Table**
  - Stretch face
  - chew
  - shake face-tongue-jaw
  - “touch: nose, chin, and ears with tongue
  - Lee-lee-lee-lay-lay-lay-lie-lie-lie / Mee.... / Vee.../ Tee...
- Inhale **cow** – 3+ breaths
- Exhale **cat** – 3+ breaths
- Flow through **cats and cows**
- Advanced students - “healthy cow” tremors
- Inhale **Spinal Balance** left leg, right arm – 3+ breaths, inhale
- Exhale knee to forehead - HAAAAA
- Inhale **spinal balance**
- Exhale knee to opposite elbow - HAAAAA
- Inhale **spinal balance**
- Exhale knee to same elbow - HAAAAA
- Inhale **spinal balance**
- Exhale **extended child’s pose** – rest
- **Table**
- Inhale **Spinal Balance** right leg, left arm – 3+ breaths, inhale

- Exhale knee to forehead - HAAAA
- Inhale **spinal balance**
- Exhale knee to opposite elbow - HAAAAA
- Inhale **spinal balance**
- Exhale knee to same elbow - HAAAAA
- Inhale **spinal balance**
- “blue bottomed baboon” tremors
- Exhale **extended child’s pose** – rest

#### 4) FLOW THROUGH SUN SALUTATION WITH TEXT:

- Inhale, circle the arms up
- Exhale, fold forward

The sea awoke at midnight from its sleep,

- Inhale **monkey**
- Exhale, step back into **plank** and hold (modification: lower the knees) (breathe as needed in text)...

And round the pebbly beaches far and wide

I heard the first wave of the rising tide

Rush onward with uninterrupted sweep;

A voice out of the silence of the deep,

A sound mysteriously multiplied

As of a cataract from the mountain’s side,

Or roar of winds upon a wooded steep.

- Inhale
- Exhale, bend knees into **downward facing dog...**

So comes to us at times, from the unknown

And inaccessible solitudes of being,  
The rushing of the sea-tides of the soul;  
And inspirations, that we deem our own,

- Inhale, bend knees, look forward
- Exhale step or hop feet to hands
- Inhale **monkey**
- Exhale **fold forward**
- Inhale circle arms up
- Exhale on...(bring hands to heart center)

Are some divine foreshadowing and foreseeing  
Of things beyond our reason or control.

(THE SOUND OF THE SEA, Henry Wadsworth Longfellow)

## 5) **UTKATASANA SEQUENCE**

- Inhale, sit back, feet together, reach the arms up **Utkatasana** – 3+ breaths
- Exhale hands to heart center, inhale
- Exhale left elbow to right knee in spinal twist – 3+ breaths
- Inhale arms up to **Utkatasana**
- Exhale right elbow to left knee in spinal twist – 3+ breaths
- Inhale arms up to **Utkatasana** – 3+ breaths
- Exhale, lower arms and straighten knees to standing (Tadasana)

## 6) Lunge/ **WARRIOR SEQUENCE**

- Inhale, circle the arms up.
- Exhale, fold forward.
- Inhale, monkey

- Exhale, step right foot back into **runner's lunge** – 3+ breaths
- Inhale, **high lunge/crescent lunge** – 3+ breaths
- Bring hands to heart center, Exhale right elbow to left knee (twist)– 3+ breaths
- Inhale, pinwheel open to **Warrior II. (Feet should be heel to arch alignment, 4.5-5 feet apart) - 3 + breaths**
- Exhale, pinwheel hands down, **Downward Facing dog** 5 breaths
- Inhale, bend knees look forward.
- Exhale step feet to hands.
- Inhale, monkey
- Exhale, step left foot back in runner's lunge - 3+ breaths
- Inhale, **high lunge/crescent lunge** on the other side – 3+ breaths
- Bring hands to heart center, Exhale left elbow to right knee (twist)– 3+ breaths
- Inhale, pinwheel open to **Warrior II, other side. (Feet should be heel to arch alignment, 4.5-5 feet apart) - 3 + breaths**
- Exhale, pinwheel hands down, **Downward Facing dog** 5 breaths
- Deep inhale, bend knees look forward
- exhale step feet to hands
- inhale monkey
- exhale fold forward
- inhale circle arms all the way up
- exhale hands to heart center

## 7) GODDESS & LION

Come to the center of your mat. Wide stance, heels in toes out.

Bend the knees, coming into **Goddess Pose**. Bring hands into goal post position, elbows bent at a 90 degree angle. Play around with touches of sound. Huh-Hummmmm  
Hahhh

- Inhale straighten the arms and legs, reaching up

- Exhale, **Goddess Pose + Lion's breath (tongue out, eyes big, vibrant exhale)**

Repeat inhale/exhale and lion's breath sequence **5 times**.

**Come to the top of your mat. Feet together. Tadasana.**

### **8) LUNGE/WARRIOR FLOW WITH TEXT**

- Inhale, circle the arms up.
- Exhale, fold forward.
- Inhale, monkey
- Exhale, step right foot back into **runner's lunge** –
- 
- Heard her boast, Beast (a roast beef eater!)  
     daughter could spin span spick and spun  
 the lowest form of wheat/straw into gold  
     (raw into roar)
- Inhale, **high lunge/crescent lunge** –
- 
- gold(en lion and lyoness under the sea  
     dungeonesse under the castle)
- Bring hands to heart center, Exhale right elbow to left knee (twist)–
- 
- for bad mad sad adders and tak(h)ers  
     away.



- Inhale, pinwheel open to **Warrior II**. (Feet should be heel to arch alignment, 4.5-5 feet apart) -

·

- Never marry a king size, Well Beloved.

Chop chip pan chap finger chirrup chirrup cheer up  
off with

you're making no headway.

- Exhale, pinwheel hands down, **Downward Facing dog**

·

Weeps

seeps

deeps her pretty puffy cream cake hole in the heart operation.

Sees a little blackjack thingalingo with a long take awinding.

May day, she cries!

- Inhale, bend knees look forward
- May pole axed me to help her.
- Exhale step feet to hands.
- Inhale, monkey

So I spin the sheaves shoves shivers into golden guild and geld

and if she can't guessing game and safety match my name

then I'll take her no mistake. (no mister, no missed her, no mist,

no miss.

No me no?)

REPEAT TO THE OTHER SIDE AS FOLLOWS:

- Inhale, circle the arms up.
- Exhale, fold forward.
- Inhale, monkey
- Exhale, step left foot back into **runner's lunge** –
  
- Heard her boast, Beast (a roast beef eater!)  
daughter could spin span spick and spun  
the lowest form of wheat/straw into gold  
(raw into roar)
  
- Inhale, **high lunge/crescent lunge** –
  
- gold(en lion and lyonesse under the sea  
dungeonesse under the castle)
  
- Bring hands to heart center, Exhale left elbow to right knee (twist)–
  
- for bad mad sad adders and tak(h)ers  
away.
  
- Inhale, pinwheel open to **Warrior II.** –
  
- Never marry a king size, Well Beloved.  
Chop chip pan chap finger chirrup chirrup cheer up  
off with  
you're making no headway.

- Exhale, pinwheel hands down, **Downward Facing dog**

.

Weeps

seeps

deeps her pretty puffy cream cake hole in the heart operation.

Sees a little blackjack thingalingo with a long take awinding.

May day, she cries!

- Inhale, bend knees look forward
  
- May pole axed me to help her.

- Exhale step feet to hands.
- Inhale, monkey

So I spin the sheaves shoves shivers into golden guild and geld

and if she can't guessing game and safety match my name

then I'll take her no mistake. (no mister, no missed her, no mist,

no miss.

No me no?)

To get to the floor....

Inhale circle the arms up

Exhale, fold forward hinging from the hips, bend the knees

inhale come up half way

exhale step back into plank

hold for 3 breaths, deep inhale

exhale, lower the knees and come around to sitting on your buttocks.

## HIGH BOAT

Is it William Gwylliam Guillaume?

Is it John Jack (the ladder in your stocking)?

Is it a Joke?

Is it Alexander Sandro Andrew Drewsteighton?

Mephistopheles Toffeenose? Tiffany's Timpany? Timothy Mossycoat?

No t'aint, says I, no tainted

meat me after the

show me what you've got.

( The Skriker, by Caryl Churchill)

## YIN SEQUENCE

- On back – **draw knees into chest** – breathe
- Advanced students - “modified plow” tremor
- Knees bent, **legs to left and head to right** – breathe
- Same on other side
- Advanced students - “side leg tremors”
- **Supta Baddha Konasana** – breathe
- Advanced students - “butterfly” tremors
- Fetal to **forward fold**
- **Downward facing dog**, lift right leg and swing to **half pigeon** – breathe
- Return to Down Dog, lift right leg again and return to down dog.
- Repeat on other side
- **Savasana** – Corpse pose, deep relaxation
- Return to seated posture for meditation/chant, if desired (see Chakra Chant).

Namasté