How to Practise

When you practise you should ideally go through each one of these stages. It is important not to skip any of them, although you can choose to spend as long as you like in each one. Establishing a routine for this helps you to be mindful of the process as well as enabling you to build patterns of good habitual usage.

Set up your mind
Focus on practising singing without any other distractions. Effective practice is often boring and repetitive, so it is important that you remain mindful of your actions.

Align your body
Remember balanced posture, use tension and release methods to achieve this. Practise singing standing up. If you are sitting at the piano to learn notes this is a different sort of learning process; technical practice is the reinforcement of good habits and is more effective in a good standing posture.

Remember to breathe
Use breathing exercises that apply release and connection of the lower abdomen, along with an open release in the upper body. Nothing is ever held at any time; the system, although stable, is always poised for action.

Warm up your larynx
This is gentle warming-up, not to be confused with technical exercises. It could include quiet sliding through the range, buzzing and humming.

Technical exercises
These are exercises for agility, articulation and resonance. They will include whatever your teacher is working on with you currently.

Familiar repertoire
Use a piece you know you sing well to remind your body how to do it, establishing good habitual patterns.

New repertoire
Now you are ready to learn and work on new repertoire.

Know when to stop
When things are going well, it is tempting to 'ride the crest of the wave' and to carry on and on with singing. Plan ahead when you will take a break and stick to this regardless. You can always come back later to continue your practice – see **Vocal Health Guidelines**

Warm down
Bring your larynx back to a more relaxed state ready for speaking, by buzzing or humming gently down to your lowest pitch range.