

Tip of the week! 19 mei 2020

This weeks tip is about relaxation

Some of my students already know a lot about techniques, sounds, posture etc, we worked for over 2 years and they know all the basics and more. Nevertheless, sometimes when they sing it just won't work. They use the right technique, they follow my advice but still the note doesn't come out right (in most cases the highest note) So what's going on?!

.. They are way too tense, they feel stressed. You can't immediately see it because of the right posture, breathing and technique but you can "feel" it when they start singing. When you are a perfectionist you will probably recognize yourself now.

Try one of these things and see if it works for you:

Lay down on the ground while you sing

Stand on both feet, bend over and loosen up your neck and muscles while you sing.

Start walking around the room as if you're taking a walk through the park, while you sing

In other words just RELAX! Sometimes all your knowledge gets in the way and all you need to do it let go of it. Try and see for yourself!

Have Fun!