

Vocal Yoga: Breathe better, move better, open up the body and let it sing.

Once upon a time we were a baby with a freely flexible body that was designed to make lots of sound. As we entered school we became aware of the emotional stresses of life and our breath and voice became more shallow. With each year that the body gets older, more and more layers of tension can become imprinted on the body like the rings of a tree.

Singing can keep us young and our breath deep, but we need to keep the flexibility and suppleness of our muscles and spine. Lyle created 30 exercises to target the main myofascial layers of the body that through time can become rigid. When these layers are open, the voice is hungry to explode.

Lyle is the founder of the patented Heather Lyle Vocal Yoga Method®, a somatic voice work utilizing techniques from Yoga, Pranayama, Voice Science, Alexander Technique, the Bel Canto School of Singing, Shiatsu, Qi Gong and primal voice work to free the voice. Vocal Yoga looks at the body of the singer and assesses where tension is held in the muscles and fascia that can affect the freedom of the diaphragm and the ability of the body to find its own natural method of support. By using specialized yoga postures, yoga straps, tubes, tuning forks, and primal sounding, the voice is freed from parts of the body where it has been braced or blocked due to the everyday emotional and physical stresses of life. When the body is free to breathe and released from encumbrances, the singer will discover a new depth and expansion to his or her voice.

Bring your mat, water bottle, a small pillow and get ready for a fun workshop in which you will learn how yoga can open your voice and stimulate airflow for a free, full sounding experience. You will experience increased vocal power, resonance and range while uncovering deep layers of tension that may be hindering your voice and creative expression. Once these methods are incorporated into your personal brand of teaching, the instantaneous results students experience will have them believing you perform miracles.