

## Cooling Down

*After prolonged voice use, it is advisable to take time to relax and allow the voice to recover.*

*This is especially important if you are about to use the voice again in a concert, or social situation for example.*

Stand – relaxed but poised.

Shrug shoulders, follow with the “back and front crawl” with shoulders (not lifting arms above head).

Bend forward from the waist, keeping knees soft, whilst breathing out.

Relax – releasing any tension from shoulders and arms.

Un-curl – gently and smoothly into an upright position, whilst breathing in.

Ski-ing exercise to release tension in the knees , lower back, arms and shoulders.

Stretch and yawn. Sit comfortably.

Take in slow deep breath through the mouth and sigh “AH” on out-breath.

Take in slow deep breath through the mouth, and- using speech mode- “HUMM” on out-breath, sliding down in pitch to enable larynx to settle.

Breathe in and smile on out-breath (through nose.)

If possible have a warm drink and use voice gently.

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