



## Aaron Rojas

### PRE-START:

CENTRE THE BODY & STRETCHES

Body Posture

Face Massage and Sinus Drain

Neck & Tongue Relax

### WARM UP:

#### Exercises:

Lip Bubble Siren – Low to High then back to Low

Yip Yiy Yo Yay – Siren

Whoo Siren – Low to High then back to Low

#### Exercises:

SCALE GOING DOWN – SMOOTH on the sound GUG (5 notes)

SCALE GOING UP AND DOWN – SHARP on the sound GUG (5 notes)

SCALE GOING UP AND DOWN – SHARP on Goo Gee Goo Gee Gee (5 notes)

SCALE GOING DOWN – SMOOTH doing LIP BUBBLES (5 notes)

SCALE GOING DOWN – SMOOTH on the sound MUM (5 notes)

SCALE GOING DOWN – SMOOTH on the sound GUM (5 notes)

SCALE GOING DOWN – SMOOTH on the sound GEE (5 notes)

SCALE GOING UP A, E, I, O, U (E as in Eh, I as in Ee, U as in Ooo) (5 notes)

SCALE GOING DOWN – EDGY on the sound CREAKY DOOR (5 notes)

### SONG STUDY!!!

### COOL DOWN:

#### Exercises:

Lip Bubble Siren – Low to High then back to Low

Yip Yiy Yo Yay – Siren

Whoo Siren – Low to High then back to Low

### WHAT WE WILL ACHIEVE TODAY!

- GAIN AN UNDERSTANDING OF MY DIFFERENT RESONATORS AND HOW TO ACCESS THEM

### NOTES:

---

---

---

---

---