

**KINESTHESIA:** The sensation of bodily position, presence, or movement resulting chiefly from stimulation of sensory nerve endings in muscles, tendons, and joints.

## KINESTHETICS OF SINGING

- I. RELAXATION
  - A. Shoulder Rolls
  - B. Neck Rolls
  - C. Releasing Head and Facial Tension
  
- II. POSTURE
  - A. Standing Yoga
  - B. Peer Posture
  - C. Kick line
  
- III. BREATH
  - A. Double Pronged Inhalation
  - B. Sit with hands backwards on knees
  - C. Sitting, drop over and breathe
  
- IV. PHONATION
  - A. Vertical vs. Horizontal entry
  - B. Suspension
  - C. Barberchop
  
- V. RESONATION
  - A. Identify resonators by touch
  - B. Stabilize cheeks with backs of hands
  - C. Knuckles between teeth
  
- VI. FREEDOM OF SOUND
  - A. Circles by the ears
  - B. Swing the arms
  - C. Whatever it takes to eliminate tension