

## Stretches for Singers



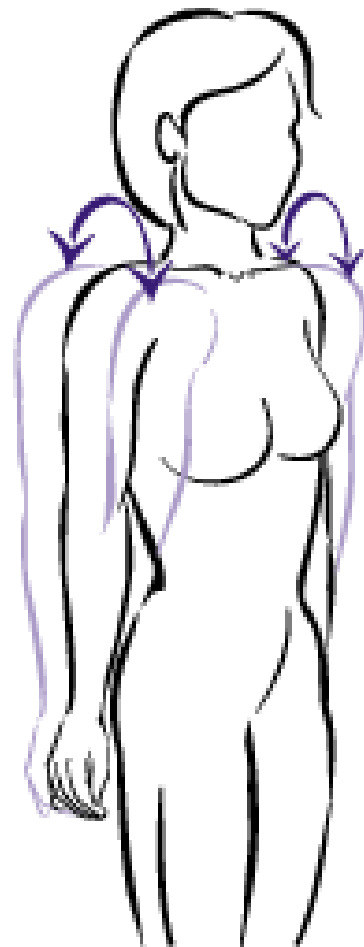
Singing is a physical activity involving the whole body. Before a rehearsal or a performance, we recommend that you stretch out these key areas:-

**The neck** - lower your left ear to your shoulder for at least 20 seconds, keeping your body facing forwards. **Return to centre** and lower your right ear to your

shoulder for at least 20 seconds. The neck is a delicate area, so it is important to return to the centre between neck stretches.

**The shoulders** - roll your shoulders forwards and backwards three times. Then lift both your arms together to chest height as if you are holding a beach ball, turn your palms away from you, then stretch, pushing your shoulder-blades apart.

**The abdomen** – this is a key area for good breath control, and singing with support. Stretch out your tummy muscles by lifting from the waist with your arms above your head. Reach up to the ceiling for 10 to 20 seconds keeping your shoulders down. Repeat three times. Don't forget to breathe!



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