



EVTA's Ten Tips for isolation singing

1. Always warm-up the voice as if your life depended on it. Half hearted singing just tires you out and is not good for the voice.
2. Always check your body for unwanted tensions and RELEASE all those worries away. It is a discipline we all need to WORK on.
3. High hums and resonance but NOT heavy singing. Energetic and energising, enthusiasm, exploring the sounds you have in your body.
4. Find creative ways to practice and always sing music you love, choose composers who write for the voice, luxuriate in their melodies.
5. Any singing is good, sing as you do the house work, singing in the garden, be a full bodied, full time singer and any music that makes you FEEL good, sing along to the radio or CDs.
6. Be curious and find out all you can about the composer, the lyric writer, the poet.
7. Explore the repertoire of singers you admire, you can find new songs to sing.
8. Find on-line resources but be critical of what you see, there is rubbish out there!
9. Ask for help from teachers you trust, we all need reassurance that we are doing the right things
10. Never sing if it hurts! Rest and take care of your body and your soul and your voice.

Remember this Coronavirus attacks the lungs so as a singer you have a good working set of lungs that can withstand much better than others but always BREATHE deep and well and free!