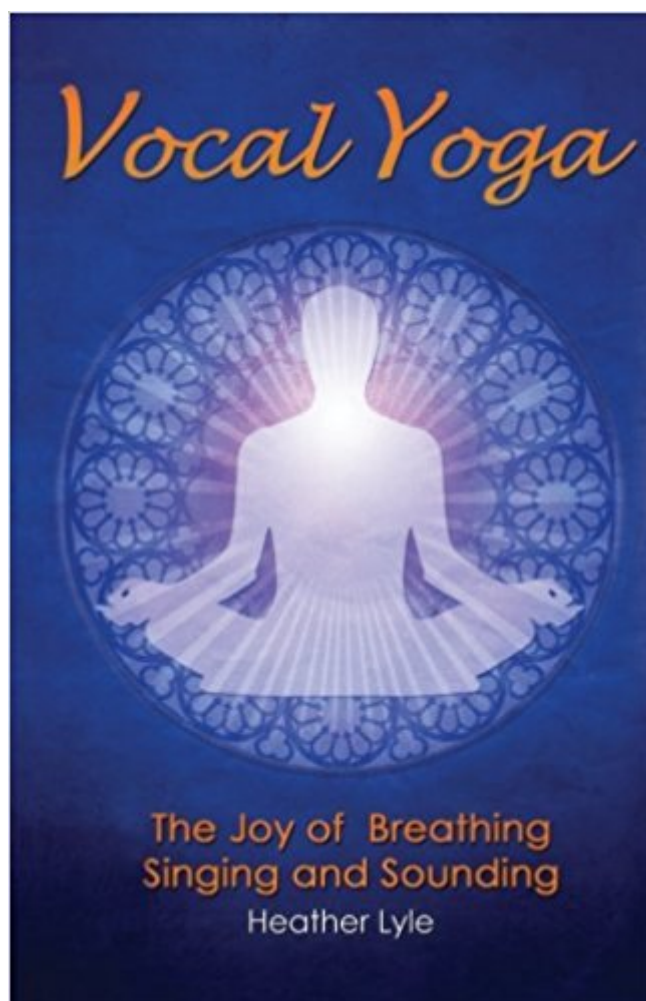


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# Vocal Yoga: The Joy Of Breathing, Singing And Sounding



## Synopsis

Heather Lyle's Vocal Yoga, the Joy of Breathing Singing and Sounding is the first book of its kind synthesizing techniques from Yoga, pranayama, Tai Chi, Alexander Technique, Feldenkrais, The Bel Canto School of Singing, Sanskrit chanting, classical speech training and jazz improvisation, to unblock the breath and free the voice. Vocal Yoga contains 100 exercises that promote vocal freedom, resonance, and power, and help you uncover tension that might be hindering your voice and creative expression. Whether you are a singer, actor, yogi or public speaker, you will gain a better understanding of your voice and how to become one with it. Look in our MP3 store under Heather Lyle to purchase Lyle's double CD: VOCAL YOGA SINGING EXERCISES. 44 vocal exercises to improve your voice!

## Book Information

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## Customer Reviews

This book looks at the deep-down -- and physically most demanding -- roots of voice-production. It does an amazingly good job of coming at the subject from, seemingly, every possible angle. The author's descriptions and explanations of the various aspects of the body and of sounding, are exceptionally clear and meaningful. She provides easy-to-follow instructions for numerous helpful exercises and techniques. And she does it all so economically, it's a wonder so much material is covered in a book whose size is so manageable.

I thought this book would be more about sounding and less about breathing and actual body yoga. I

like yoga, and I like singing, but I thought it would be more about making noises with your vocal chords, vocal chord yoga.

A compilation of exercises that seems quite random, many very interesting, but no way for an inexperienced singer to create an exercise program from these. Need editing and order to be useful.

There's a great deal of information and exercises in this book. I've been singing with a choir for the past 7 years, and have learned a few new things and have reinforced other things that I already knew. I would recommend this book for those interested in improving their voice. Great book.

Fabulous in-depth book on looking after your body and voice for best performance. Rachael [...]

I had some personal voice training sessions with Heather and she is amazing. She taught me so much. Her book is fantastic. Every exercise is explained really well. I can definitely see a change in my voice. Outstanding book.

Excellent!!! Every Singer needs this. Every Yoga instructor needs this.

This book is so detail packed and full of useful information that its hard not to find something to apply to your singing technique. I have been practicing singing and taking voice lessons on and off for years. With that said, this book takes a good approach in explaining a variety of techniques that seem to work much more quickly than what I have learned in my past instruction. Also, some exercises in the book break down techniques that other past teachers/coaches have had a difficult time explaining in terms I could grasp or has solidified techniques I have learned in the past. The author does an extremely good job of clearly explaining how to do each exercise and I picked out the exercises I thought would be beneficial for my personal needs. I disagree with another reviewer that the book was too "scattershot." In my opinion, the book has a lot of information that needs time to be digested. I also think that because of the shear volume of information, it is easy to see how another reader may find the information scattered. This book is extremely in-depth and I found it useful to read through the entire book once and bookmarked the pages of interest I personally wanted to return to for further investigation. Afterward, I returned to each section and found plenty to help me improve my technique. As a side note, I do not practice yoga, but after reading this book, I think it may be beneficial to my singing to start to consider practicing. If you are a singer, or looking

to improve your speaking voice this is a great reference to have in your library.

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