

## **FUNDAMENTALS**

Your movement *becomes* movement when you say so.

The muscle memory of your younger self is lying dormant in you right now. The body's potential to shift back toward ideal posture, is within us, at just about any age.

Drawing the body back toward more youthful alignment begins by re-mastering the use of core muscles. By learning how to initiate all movement from your core, full-body stability can overpower chronic holdings patterns throughout the body.

*Everything is connected to everything else*, so all body parts have an active or passive role in every movement.

Learning a new physical discipline is a process of un-learning what you already know *and* applying new information at the same time.

What feels correct, is what we're used to. New techniques may feel counter-intuitive to begin with. Get used to it.

It's not so much what you do, but *how* you do it. Most people can sing a song, but it's *how* the song is sung that makes it a work of art.

Unconscious vs Conscious: When we mislay glasses or keys, we usually do it unconsciously... Next time, make a mental note (i.e. be conscious) whenever you put them down. Problem solved.

The body we use to sing, is the same body we use for other things. If you tend to slouch at the computer, strain your back carrying groceries, or over-reach to a shelf-too-far, your posture - and singing - can suffer.

De-stress your body before exercise: a relaxed body *knows* how to release. Otherwise, you waste most of your session working against your idiosyncrasies.

Mat exercises give a 'gravitational advantage' because lying down uses less energy than standing: the balance it takes - just to remain upright against gravity - is considerably more than lying down, leaving less energy for the exercise itself.

## **FUNDAMENTALS, cont'd**

Singing is an emotional endeavor... day-to-day, emotions can set-up defenses causing muscles to stand at attention and forget how to release.

Be sure to initiate each exercise 'correctly'... you're more likely to accomplish the goal of the exercise if you're at ease and in a good starting position. Otherwise....you'll probably reinforce old bad habits.

Our bodies are on 'automatic', unconsciously using our default movement patterns. To change for the better, shift to manual to take charge.

Re-tooling your body happens over time: each breakthrough is built on a succession of earlier breakthroughs... like taking a beginning course to prepare for the advanced version.

"Ab's of steel" aren't enough to stabilize the body...we have to develop the coordination to apply strength.

Don't forget... in this Workshop, you're preparing to get your body back to it's best alignment. Why?? Because over time, gravity, injury, too much sitting, etc., has been pulling us out-of-alignment. That means, our bodies are not set up to make the most of our voices.

PROCESS/PROGRESSIVE LEARNING. Progress is based on past progress. Like building a pyramid, growing longer hair, learning to stand in ice skates before attempting a double Axel. We all learn differently and at different rates. Be aware of how it feels and sounds when you've attempted too much, too soon.

**Think... Move... Improve**