

**How to Give a Yourself a Voice Lesson/PVI  
Part One (Simplified: Peer to Peer or Self Coaching)**

Tension in the body ... anywhere = tension in the voice

1. Alignment

*This is the number one easy to fix (by peers) issue with just about all singers.*

Feet naturally hip with apart

Knees soft to keep hips neutral

Shoulders comfortably back and down

Natural curve to spine

Weight well-distributed

Head aligned (shoulders/ears, chin, "long back of neck, short front of neck)

Eyes/cheeks lifted and energized

2. Check for Tension

Face "alive" and lifted

Jaw relaxed

Tongue relaxed

Mouth naturally engaged – not too wide, not too tense, not too lax

Positive engagement of body – up and away from gravity

3. Breath Work

Natural expansion, natural release

Look for tension in neck, shoulders, face, etc

Metered, natural release, not pushed

4. *Extension: eliminate variables.*

**THAT'S IT!**

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Next level = tone production, vowels... *while doing all of the above.*

## **SELF-COACHING FORMULA**

If you do NOTHING ELSE. Try this:

1. Sing something
2. Find what you like about it – give yourself a compliment!
3. Do MORE OF what you like about it
4. (check alignment, tension, and breath)
5. Semi-occluded singing of it
6. Sing it again
7. (rinse, repeat)

For follow along, Stemple Exercises, Learn To Love Your Voice pep talk, and MANY vocal warmups and exercises, check out my YouTube channel: [www.youtube.com/khansenmusic](http://www.youtube.com/khansenmusic)