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Opening

A grand adventure is about to begin....

Winnie the Pooh

What song do you want to sing? Whatever the answer to that question may be for you, *Simply Sing* is designed to assist you in singing it. Every body wants to sing, can sing, and was designed to sing. We are all at various stages of vocal exploration. Perhaps you only sing to yourself or along with your favourite music. You may be an aspiring or professional musician. You may only listen to others sing. Whatever the case may be, if you have the desire to explore your voice, *Simply Sing* will be able to guide you and offer you tools for your journey. Through insight, awareness, understanding of how your voice works, and the application of these fun and easy exercises, you will quickly begin to feel and hear your natural and confident voice. Singing is a simple process, requiring a balanced coordination of the key factors involved in vocal production. In many ways, singing is merely about releasing the resistance to achieving this balance. In the following pages you will be introduced to a process that is designed to systematically help you release your voice, while singing the songs you love to sing. It is your vocal playground; a place where you can explore and experiment with your voice at any time. The possibilities are endless. The more you play with your voice, the more your vocal abilities will grow. Your voice will become strong, clear, and flexible; and you will be able to sing over a wide range seamlessly and easily. In short, singing will be effortless.

In *Part One: Exploring Your Voice*, a foundation of knowledge is laid as you begin to explore the four key elements of vocal production: breath, vocal cord connection, resonance, and articulation. These are the building blocks of your voice and understanding how they work separately and together will allow you to begin to develop and release your voice easily. It is the balance and coordination of these four elements that produce effortless vocal delivery.

In *Part Two: Exercising Your Voice*, you will begin to exercise your voice using fourteen specifically designed vocal exercises to balance and coordinate the four elements of your voice. An explanation of each exercise and how to practice them is provided. You can follow along and practice each one with the accompanying CDs.

In *Part Three: Expressing Your Voice*, you will begin to express your voice and apply all the information from the two previous chapters to the song you want to sing. Here you will discover twenty-five song exercises that will continue to develop your vocal coordination and skills as you release your voice in your song. You can apply these tools immediately to a song of your choice or you can follow along with the instruction and materials provided and learn how to sing *Amazing Grace*.

In *Part Four: Expanding Your Voice*, you will begin to expand your voice by learning how to sing in harmony with other voices. This is a natural extension of your own vocal development and process. Here you will learn how to harmonize using the harmony arrangement created for *Amazing Grace*.



Part Four: Expanding Your Voice

Part Three: Expressing Your Voice

Part Two: Exercising Your Voice

Part One: Exploring Your Voice

Getting Started...

Dive into this material with a sense of adventure and playfulness; explore all the ideas and then combine them in various ways and try new things. Enjoy playing with all your sounds. Your voice and the way you explore it is totally up to you. Enjoy the process and keep adding a little bit each day because singing, as with anything, becomes easier with repetition.

Get ready to explore, experiment, and experience the journey of your voice...

Your Singing Checklist

- Put together a playlist of songs you want to sing.
- Choose a quiet place to practice that also has room to move around.
- Have a mirror to help you monitor your mouth and body movement.
- Use a voice recorder to record your practice sessions for review.
- Have a computer or stereo to play the Vocal Exercise CDs.
- Create a Vocal Binder. This will be home for your lyric sheets, sheet music, exercise sheets, practice checklists, and your vocal journal. Photocopy these pages in the book and add them to your vocal binder.