Instructions

1. Take in an easy, relaxed breath through your mouth while yawn
gently. [This is an easy, relaxed yawn – the sort you might do if you were
listening to someone and you started to yawn but didn’t want the other
person to see you were yawn
ing. Gentle yawn
ing relaxes the whole of the back of the throat.]

2. Now gently expel the air as if sighing – this should create a sensa
tion of ‘letting go’.

3. Repeat steps 1-2 three times.

4. Now, take in another easy, relaxed breath through the mouth while
yawn
ing.

5. Gently expel the air as if sighing but this time, on the out breath, gradua
tly shape the vowel sound oo – this should not be forced in any way.

6. Repeat steps 4-5 three times.

7. Now repeat steps 4-6 with each of the remaining vowel sounds in the
ever wheel, i.e. oh, aw, ah, ay, ee.

8. For further practice, begin at the top of the vowel wheel with oo and then
work your way around the wheel clockwise, yawning-sigh
ing-shaping each vowel in turn. Notice sensations of relaxation and open
ness, and that there is no blockage to production of the voice. Do this three
times.
Now that you’re used to yawning, sighing and gently making some vowel sounds, try the following:

- Take in an easy, relaxed breath through your mouth while yawning gently.
- Now, on the out breath, gently say the following phrases. These phrases begin with the sound *h* – this is because when we say the *h* sound, the vocal cords are as open and relaxed as possible and this should help to reduce any tensions in the voice box.

1. happy hearts
2. healthy hens
3. heavy hands
4. who’s home?
5. hungry hamster
6. he’s harmless
7. whose hammer
8. hasty harvest
9. hazel hair
10. hurtful husband
11. hybrid hedgehog
12. husky hound
13. hard hat
14. humid home
15. heavenly harp
16. hapless harmony
Guide to Vowels

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<td>bawd</td>
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<tr>
<td>ah</td>
<td>body [In British English, this is the sound as it appears in the word bard]</td>
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