



Vocal Warm Up Exercises

Format	Description	Link
Video 6:50	Jeanette Nelson (Head of Voice at the National Theatre) This is the first of four films demonstrating how to warm up your voice, focusing on breathing exercises. Working with two actors, Jeanette provides an excellent narrative of how breath in the body works and can be centred, with the actors demonstrating exercises.	Click here
Video 3:29	This is the second of four films demonstrating how to warm up your voice, focusing on resonance. Working with two actors, Jeanette provides an excellent narrative with the actors demonstrating exercises.	Click here
Video 4:25	This is the third of four films demonstrating how to warm up your voice, focusing on opening the voice up. Working with two actors, Jeanette provides an excellent narrative with the actors demonstrating exercises.	Click here
Video 4:24	This is the fourth of four films demonstrating how to warm up your voice, focusing on articulation. Working with two actors, Jeanette provides an excellent narrative with the actors demonstrating exercises.	Click here
Video 3:38	Patsy Rodenburg demonstrates intoning - using intonation to find your voice.	Click here
Video 2:16	Patsy Rodenburg demonstrates a breath exercise designed to help you connect to your breath and breathing.	Click here