



Yoga For Singers: Freeing Your Voice And Spirit Through Yoga

Linda Lister

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From opera diva Karita Mattila to Lady Gaga, from Broadway's Mandy Patinkin to pop star Jason Mraz, singers are doing yoga, and experiencing its ability to free their voices and psyches. Yoga provides bountiful rewards for singers: the practice of rib-opening and spine-lengthening asanas can improve alignment, while spinal twists, pranayama breathing techniques, and meditation can focus the mind and calm performance anxiety. Some singers have turned to beta blockers to deal with the stress of stage fright, but yoga proves there is a medication-free, self-nurturing method of combating the pressure of performing. Yoga For Singers gives singers and voice teachers the tools that yoga can provide to help improve their physical, emotional and thus vocal well-being and to manage performing with the most personal of instruments, their voices.

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