

# Joyous Noise! By Anne Timberlake



Joyful Noise:  
Five Ways to Improve Your Sound

Anne Timberlake

What is good tone?

---

Know your destination....



## Good Tone in Four Dimensions

---

- Centered
- Clear
- Resonant
- Alive!

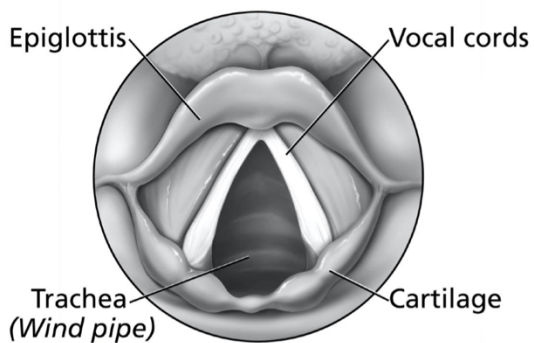
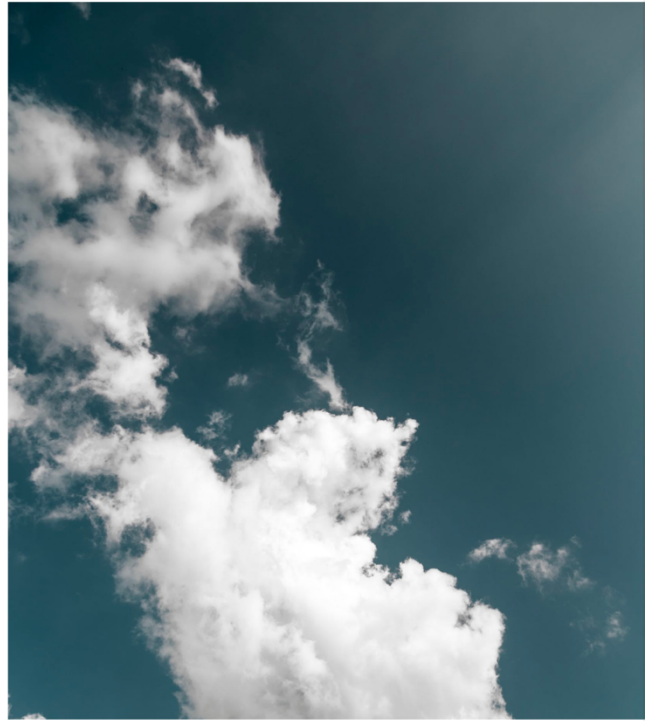
## What Does it Feel Like?

---

- Easy/ relaxed
- Mobile
- Open/spacious
- Good vibrations!

## Strategy #1: Breathe Right

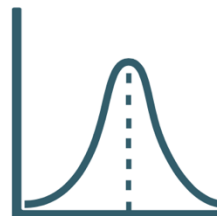
- Your resting breath: DEMO
- Maximum inhale: DEMO
- Maximum exhale: DEMO
- -BETWEEN THE EXTREMES
- -LOW AND SLOW: DEMO
- -TAILOR INHALE TO EXHALE: DEMO



National Cancer Institute

## Strategy #2: No Holds

- Link inhale to exhale
- Demo exercise



### Strategy #3: Move it, Move it!

---

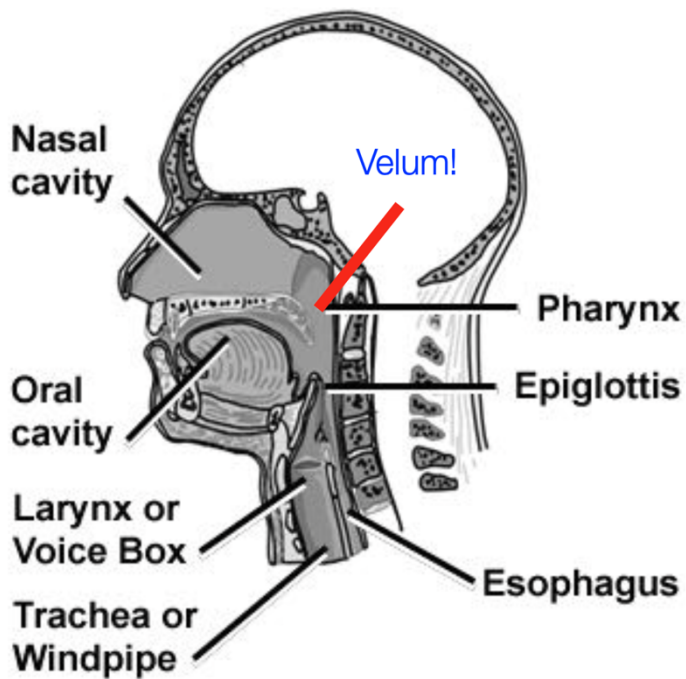
- Choose an image that is mobile; bonus points if it removes effort
  - Magician
  - Hungry fish
  - Airplane
  - River
  - Dart/Arrow

### Strategy #4: Yawn

---

- No, really!





Your velum and why you care....

- Blocks nasal cavity from oral cavity
- Makes additional resonating space

## Strategy #5: Relax, Relax, Relax

- Fingers, lips, tongue, cheeks, shoulders, arms....

Pick your strategy....

Time to play!

