

VOICELAB





WHAT IS VOICELAB?

Live, online voice training led by
Broadway voice teachers
Jenna Pastuszek & Tim Russell.

VL is a 12-week intensive for professionals looking to level up their vocal practice & a guided vocal playground to find the drills, exercises, and tricks that activate YOUR voice.

WEEKLY OVERVIEW

- I. Breath Work!**
- II. Breath, Meet Voice**
- III. Find the Buzz**
- IV. Body Mapping**
- V. Articulation Nation**
- VI. Vocal Agility**
- VII. Voice-Body Connect**
- VIII. Light + Dark-o-Meter**
- IX. Mix Recipes**
- X. Hang onto Your Belt**
- XI. Vocal Versatility**
- XII. Tension Release**

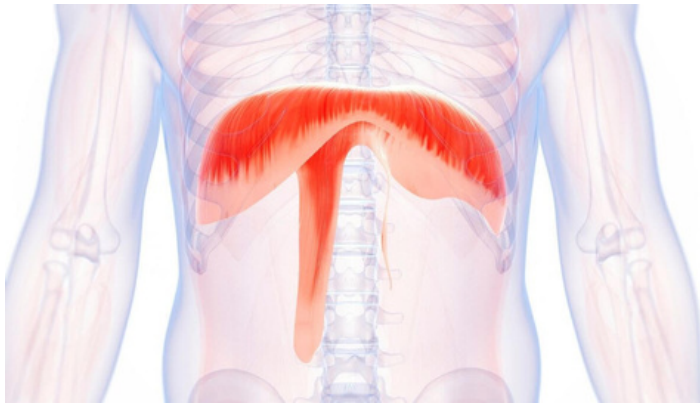
CURRICULUM BY WEEK



WEEK 1: BREATH WORK!

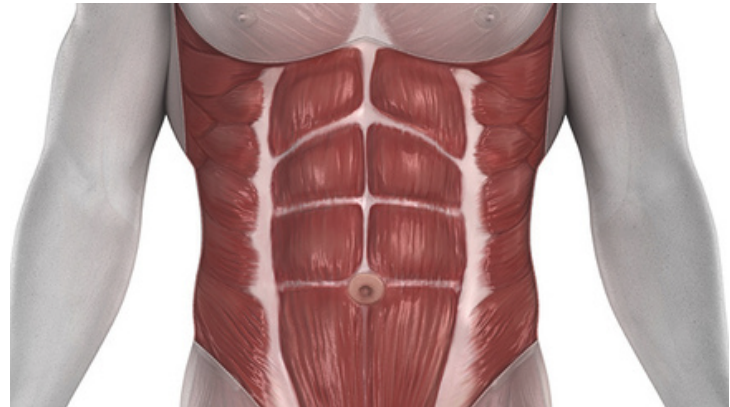
Weekly goal: Find your easiest and most powerful inhale to put your voice in a safe and dynamic place.

DIAPHRAGM



Access full range of motion in this most powerful breathing muscle.

EXHALATION MUSCLES

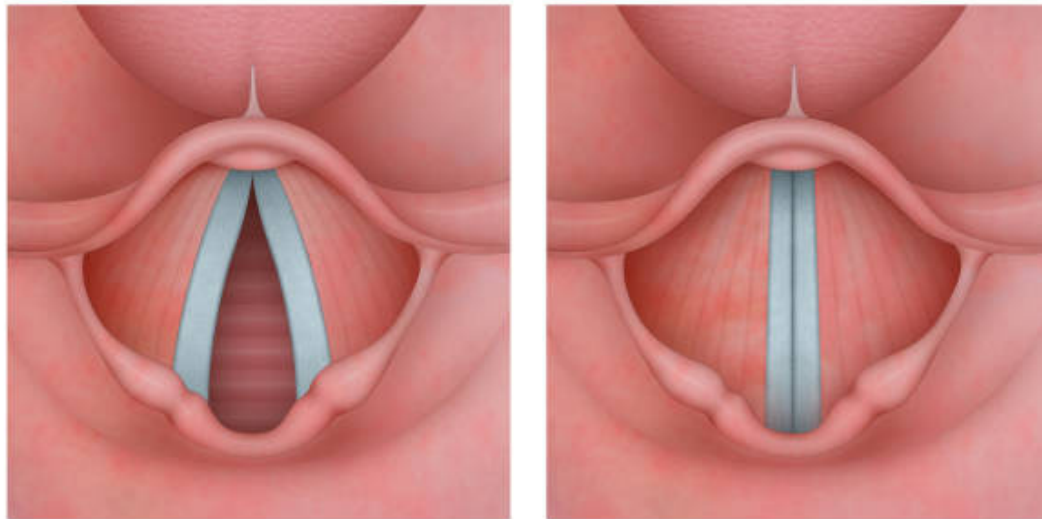


Isolate and release the muscles that may contribute to vocal strain.

WEEK 2:

BREATH, MEET VOICE

Weekly goal: Marry easy vocals with an uninhibited airstream.



LEARN HOW TO GET THESE VOCAL FLAPPERS TO PLAY NICE WITH EACH OTHER, USING:

SOVTS

BLOWFISH

KAZOOS

SMOOTH
ONSETS

FRICATIVES

THE MAGIC OF
STRAW SINGING

WEEK 3: FIND THE BUZZ

Weekly_goal: Find consistent resonance through low effort singing.

WELCOME TO
THE OVERTONE ZONE



LEARN HOW TO SHAPE THE LIPS, TONGUE,
JAW AND SOFT PALATE FOR MORE
BOOM IN THE ROOM

WEEK 4:

BODY MAPPING

Weekly goal: Learn which muscles and joints help and hurt your singing.

Is your jaw tense?

Do your back muscles need to be turned on?

What's happening with the arch of your foot?



FULL BODY SINGING!

We will open the joints to find more ease in vocal production. Then we will target common areas of holding and determine where your body needs more (or less) activation!

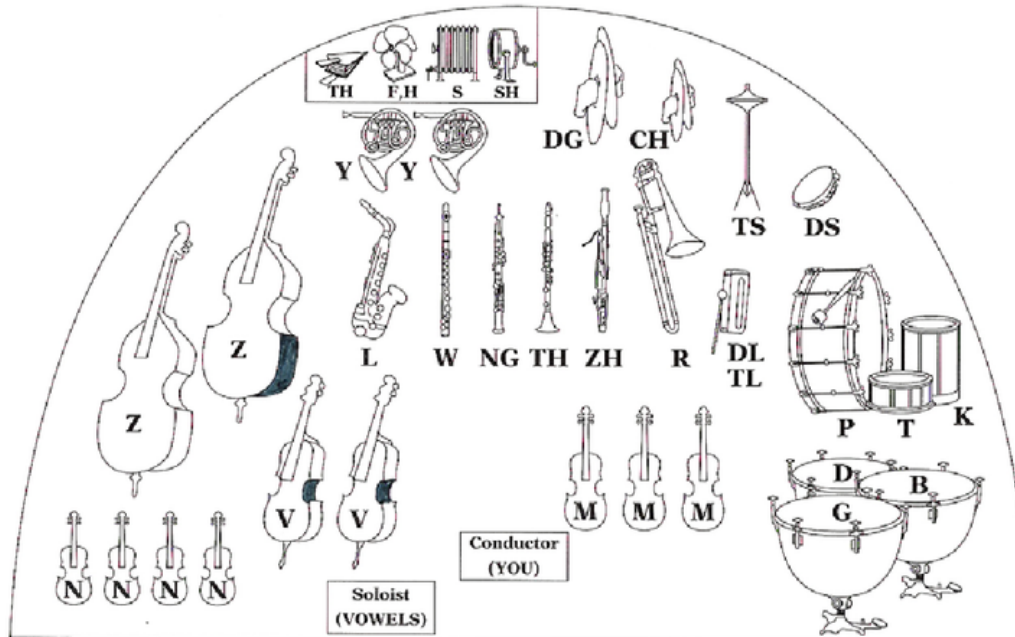
WEEK 5:

ARTICULATION NATION

Weekly goal: Examine consonants to effectively add more boost to big sounds.

WELCOME TO

THE CONSONANT ORCHESTRA



Find your inner vocal violins and timpanis for more clarity in your singing.

WEEK 6: VOCAL AGILITY

Weekly_goal: Riff! Sing lines faster with more control.



OKAY QUEEN!

Learn the technical ins and outs of riffing.

WEEK 7:

VOICE-BODY CONNECT

Weekly goal: Move the work from your throat to your body.

BEHOLD...

VOCAL YOGA



Sumo squats and warriors are some of the most powerful singing tools. Learn how to safely engage your body to free your voice.

WEEK 8:

BRIGHT + DARK-O-METER

Weekly_goal: Learn how to make your voice brighter and darker by independently controlling your tongue and larynx.



From poppy MT bright sounds to "mega musical" darkness, you're unlimited, baby.

WEEK 9: MIX RECIPES

Weekly_goal: Smooth out your voice breaks for easier singing across your range.



Sprinkle a little **vocal sweetener** (aka thyroid tilt) on your voice to effectively smooth out gear shifts.

WEEK 10:

HANG ONTO YOUR BELT

Weekly_goal: Learn the recipe to BELT with more power and less strain.



We all want to belt! Let's explore some ways to make this high intensity sound more accessible and sustainable in our practice and performance.

WEEK 11:

VOCAL VERSATILITY

Weekly_goal: From legit MT to radio pop, learn our favorite exercises to able to sing authentically in many styles.

LET'S GET ON THE CROSS
TRAINING TREADMILL!



Example: If you're a belter, it's so important to be able to access the "other side" - so we'll play with opera fundamentals.

WEEK 12: TENSION RELEASE

Weekly goal: Release physical tension in these common areas to save vocal bucks and gain vocal freedom



Struggle with muscle tension? Learn our fave relaxation maneuvers to get back to feeling free.

HOW DOES IT WORK?

Each week, bring a short cut of a song or monologue. Then;

Assess voice



Do the Drill



Reassess voice

Categorize the drill:

High payoff (it helps me!)

Neutral (it doesn't help or hurt me!)

Rehab (it gets in my way!)

At the end of the program, receive the "drill bible" so that you carry your high payoffs with you for life!