



The Complete Voice & Speech Workout - BK+CD

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Potent and empowering voice exercises by the master teachers who devised them! One of the constants that any actor, director or theatre teacher needs is a strong vocal warmup. This valuable, first-of-its-kind resource contains 75 exercises for both solo and group work, contributed by some of the best professionals in the world. There is a brief description of the history and purpose of each exercise followed by the exercise itself. The Voice & Speech Workout comes with a training CD that will be especially helpful to the student or theatre professional working alone. Here master teachers run through each exercise in real time (leaving enough time for response). Among the contributors are such important voice teachers as: Frankie Armstrong, Mary Corrigan, Marian Hampton and Dorothy Runk Mennen. The exercises are divided into nine different areas: Getting to Know Your Voice; Stretching, Centering, Releasing, Aligning; Breathing and Supporting; Making Sound (Resonance and Articulation); Exploring Pitch; Projecting and Calling; Integrating Voice, Breath and Text; Integrating Voice and Movement; Exploring Character Voices and Dialects. Editor Janet Rodgers is past president of the Voice and Speech Trainers Association and an associate professor of theatre at Virginia Commonwealth University.

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