

Body Stretching Exercises

Notes from:

Vocalist.org.uk

1. Stand with your arms by your side, breathe normally, and keep the head and shoulders relaxed at all times.
2. Drop your chin to your chest then slowly circle your head to the left, then up and back (only a little), to the right and then back down to the front (a complete circle).
Repeat five times each clockwise and counter-clockwise.
3. Raise your shoulders towards your head, slowly rotate them back, down and forward.
Repeat five times then reverse the direction.
Shake your arms out when finished.
4. Bend forward from the waist and let your arms drop towards the floor. Slowly unfold the body and raise your arms above your head, stretching your arms upward, then out to the side lowering them slowly back to their natural position.
Repeat five times.
5. Keeping your head relaxed and facing forward, open your mouth and yawn.
Do this twice, then inhale a deep breath to a count of five and exhale to a count of fifteen.

Note: Be sure to relax and muscles that may hinder the flow of air during all exercises.