**Stretch. Before 7:48 a.m.**

Release your tongue from the roof of your mouth. Massage your neck, shoulders, and the base of your tongue (underneath and just behind your chin).

Head tilt and penguin pet- Tilt your head to the right, such that your right ear approaches your right shoulder. Let your head droop. Allow your shoulders to let go, your tongue to drop, and your mouth to fall open. Place your right hand over your left ear, releasing the weight of your arm onto your head. With your left hand, reach down as if to pet a penguin standing to your left. Pet the penguin side to side, front to back, and in circles. Let your right arm fall to your side.

Say “no” to your shoulder- With your head still flopped to the right, slowly turn your nose toward your right shoulder and then back to start several times. Then, roll your chin to your chest and continue rolling until your head is tilted to the left. Repeat the above sequence on this side.

Head turn- With your head upright, slowly turn your head as smoothly as possible (aiming to align your chin over your shoulder). While turning your head, continue breathing and trust the floor and your skeleton to support you so that you can let go of any areas of tension you are holding. Visualize your head balanced atop your spine as you turn it as far and as smoothly as you can to one side, then the other. Release areas of tension and then turn your head again to each side, noticing if you can go farther.

**Begin at 7:48 a.m.**

1. **Relax your tongue and breathe.**
2. Upper body stretch- fill the room w/your energy stretch ribs, reach forward, come up behind hold wrists pull shoulders back.
3. Stretch ribs- with a wide stance and a hand on your head, stretch over your side and swing your ribs out with your breath. Feel the breath move your ribs. Come up and breathe to feel the normal breath.
4. Breathing (diaphragm)- Roll down with a yawn, then squat with feet flat on the floor and breathe. Focus on your bottom- connect to your deep breath. Come up as in the roll-up. Relax your core when you breathe.
5. **Lay down. Relax your tongue and breathe.**
6. Pick a spot on the ceiling to focus on. Breathe in to capacity and hold. Then, using your ribs, breathe in again. Release on an S all the way (expel all the air).
7. Find your tension, and release.
8. Pick a spot on the ceiling to focus on. Breathe in to capacity and hold. Then, using your ribs, breathe in again release using a Z sound this time (several times w/different pitches).
9. Stretch, then roll over on hands and knees to come up to a standing position, **bringing that low connection to the breath with you.**
10. **Resonate through the body. Relax your tongue and breathe.**
11. **Put one hand on your heart and one on your belly (Heart and inner voice) and think your voice into the chest**. Hum the sound that this connection creates, then breathe again using a different sound/emotion and then a third. Allow the sound to come from your core.
12. Bang on chest and hum. Repeat hum into open mouth releasing a sound.
13. Hum into your face- put hands on face and hum, changing sound.
14. Hum-ma -Open your mouth and draw your hands away with a hum-ma releasing sound as you direct your hands straight out to the other side of the room (not down).
15. Chest resonance- breathe and count to 10; with hands on chest, hum and count to 10
16. Go to core of body- bounce and hum
17. Speak from your core-stay still and count to 10 from the bottom of your belly, as if your whole sound comes from the bottom of your belly.

**Projection**

1. Stretch your throat
2. Stifle a yawn, and when you can’t stifle any longer, open wide and yawn more (stretch your body as you do).
3. Send an “AHA” sound across the room on a slide, starting at the top and sliding all the way down in our range. Send AHA across the room by sliding the full range of notes. Send it across the room using your hand to direct up and to the end of the room. We don’t want to direct our sound to the floor.
4. Do it again while imagining we’re in a bigger room.

**ARTICULATION**

1. Stretch your face- big face/little face, massage your lower jaw and brow, shake out your face with sound.
2. Move top lip up and down as if you are wearing glasses/lip circles,
3. B sound- bounce the Bs around the room. “*The big black bear bled black blood”*
4. P sound- same. *Please don’t pop your Ps please, please don’t pop your Ps.*
5. Roll Rs again all over the space. *Rory’s real rear wheel*
6. Take all that energy to the tip of tongue to the Duh, Tuh, and Nuh sounds.
7. Now we use the back of tongue
8. Guh and Kuh sounds.
9. Tip of tongue “Tip top tic tack” repeat
10. Finish with Grip top sock in plank.
11. Stretch.