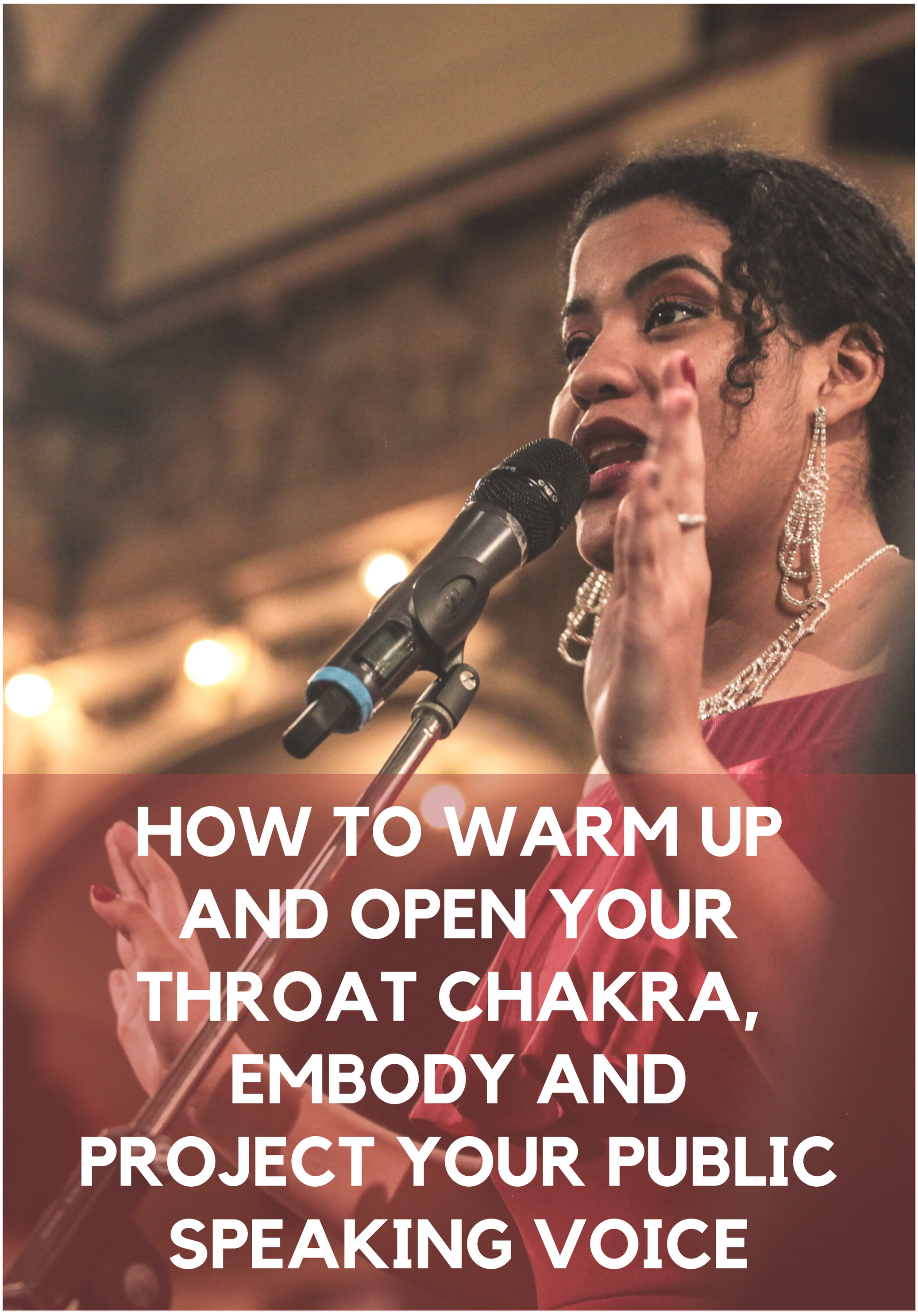
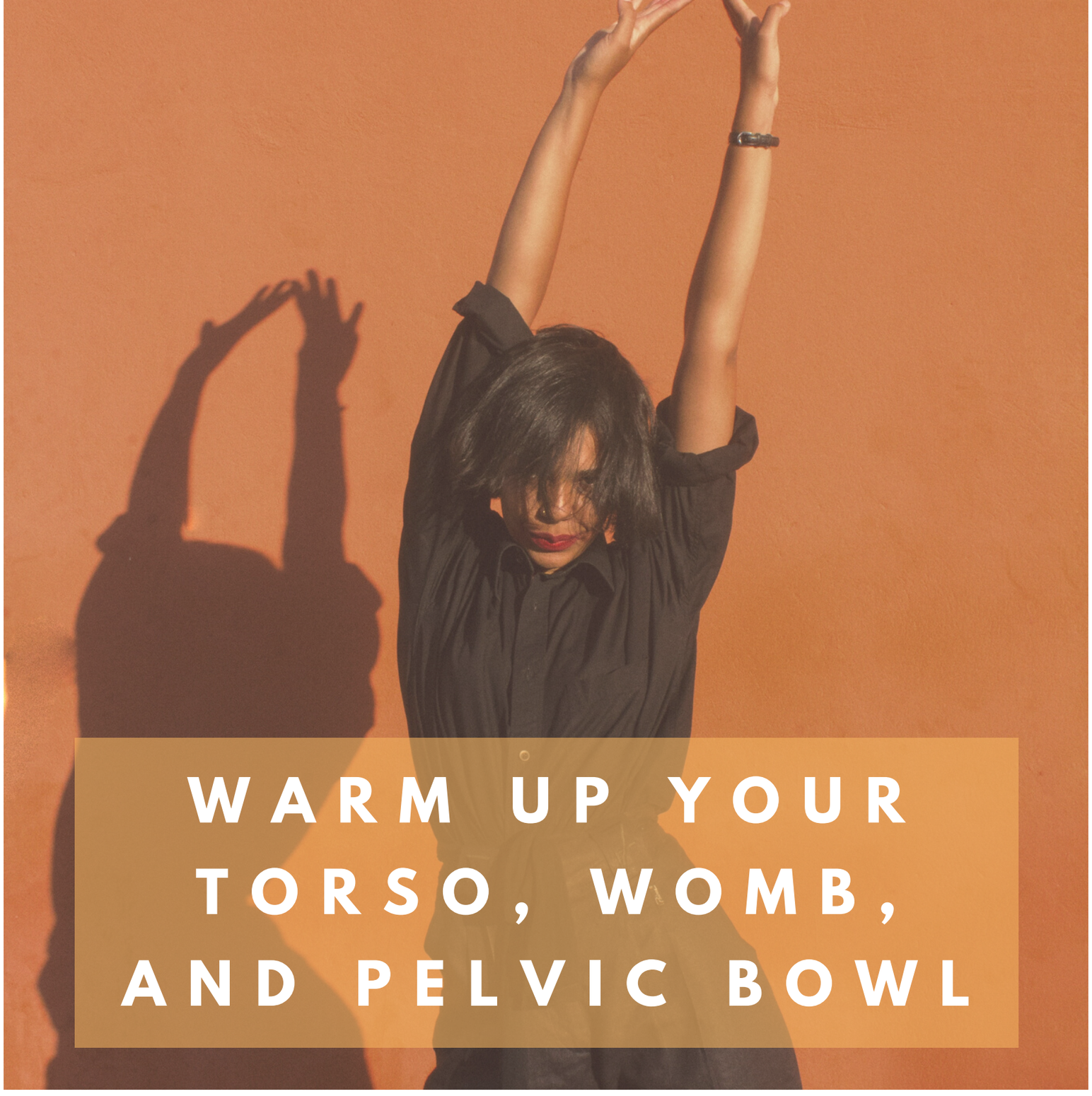


HOW TO WARM UP AND OPEN YOUR THROAT CHAKRA, EMBODY AND PROJECT YOUR PUBLIC SPEAKING VOICE

BY

MYTRAE MELIANA



WARM UP YOUR TORSO, WOMB, AND PELVIC BOWL

1. SHAKE IT OUT

Stand up. Bounce up and down to loosen up your body. This brings you into your body, grounds, and energizes you. It's also a great way to release any anxiety and tension you may have. Make sure you shake out your arms.

2. FLEX YOUR SPINE

VERTICAL

Stretching your spine horizontally and vertically opens your torso, lungs, and diaphragm so you can breathe more deeply and take fuller breaths.

1. Bend so you fold from your waist down and let your arms hang
2. Cat-cow yoga pose to flex your spine
3. Undulate your spine

HORIZONTAL

1. Side bends stretch your torso sideways
2. Stretch your arms and swing them around in circles
3. Angel wings. Undulate your torso as though you have angel wings (you do!)

3. OPEN YOUR WOMB AND PELVIC BOWL

Your authentic embodied voice rises from your feminine power centers -- your womb and pelvic bowl. If any of these warm ups trigger you, please stop and take care of yourself.

Set your intention to connect with your feminine power.

1. Circle your pelvic bowl in both directions
2. Make figure-8 circles in both directions

4. ROTATE YOUR NECK AND SHOULDERS

First, open your throat chakra by expanding your body around it. This brings blood flow, energy, and expands your thorax, back, and lungs -- the lower part of your throat chakra..

1. Slowly and luxuriously circle your neck clockwise and counterclockwise
2. Rotate your shoulders forwards and backwards

5. SILLY PUTTY YOUR FACE, MOUTH, JAW, AND LIPS (FACE YOGA)

Your face, mouth, jaw, and lips need to be loosened and flexed. This helps you open the upper part of your throat chakra. It helps you enunciate your words more clearly. Don't be afraid to look silly with this one! It really helps you loosen up and relax.

1. Stretch and scrunch your mouth, face, and cheeks wide open. Pucker your lips then stretch your mouth as wide and open as you can.
2. Keep your lips closed and blow air out so they make a brrrrr sound. Don't make a sound -- just let your lips sound.
3. Make funny faces like you used to as a child.

WARM UP YOUR VOICE

6. HUM

Humming is a great way to begin warming up your voice. You can start soft then get louder.

Allow yourself to feel your diaphram and thorax vibrate.

Place a hand on your belly or abdomen to make sure you're humming from your womb and even your pelvic bowl.

7. SIREN UP AND DOWN

Having a full pitch range is important as a speaker. To siren is to start at the lower end of your pitch range (bass) and rise to your highest pitch range (treble). You don't have to push it, just expand the edges of your normal speaking voice.

1. Hum this first
2. Then open your mouth and siren on 'ah'

8. VOWELS

Sing vowels to resonate and warm up your torso and throat chakra. This warms up your chest and head speaking voice.

1. Ahhh
2. Ohhhh
3. Ooooo
4. Eeeee

9. WHAT IS THE SOUND OF YOUR MESSAGE AND STORY?

Close your eyes and tune into your message and story.

If you had to make one sound to express it, what is that sound?

Now make that sound out loud.

Check to feel if it feels / sounds right. It might change as you develop your talk, but let it deeply connect with WHY you're giving your talk.

THIS is what you want your listeners to feel.

Deeply.

Stay tuned in and tapped into this sound in your journey to the stage.

10. RELISH YOUR SENSUAL VOICE

Your voice is a sensual sense organ and instrument. It is your piano, your violin, your snare drum. Don't be afraid to enjoy it. Sounding and speaking are as sensual as enjoying a delicious, nourishing meal. When you enjoy speaking, your listeners will enjoy listening to you. Learn to relish your voice and speech.

1. Connect with the sensuality of your voice and words.
2. Slow down when you rehearse,
3. Practice enunciating slowly as though you're speaking under water.
4. Taste and savor your voice and words. Relish the act of speaking.

Need more help doing these and more?

I help women heal from trauma, liberate themselves from patriarchy, and create true, bold, inspired lives.

Schedule a free, no-obligation call to find out more!

NOW WALK OUT THERE,
OWN IT,
AND
ENJOY YOURSELF!