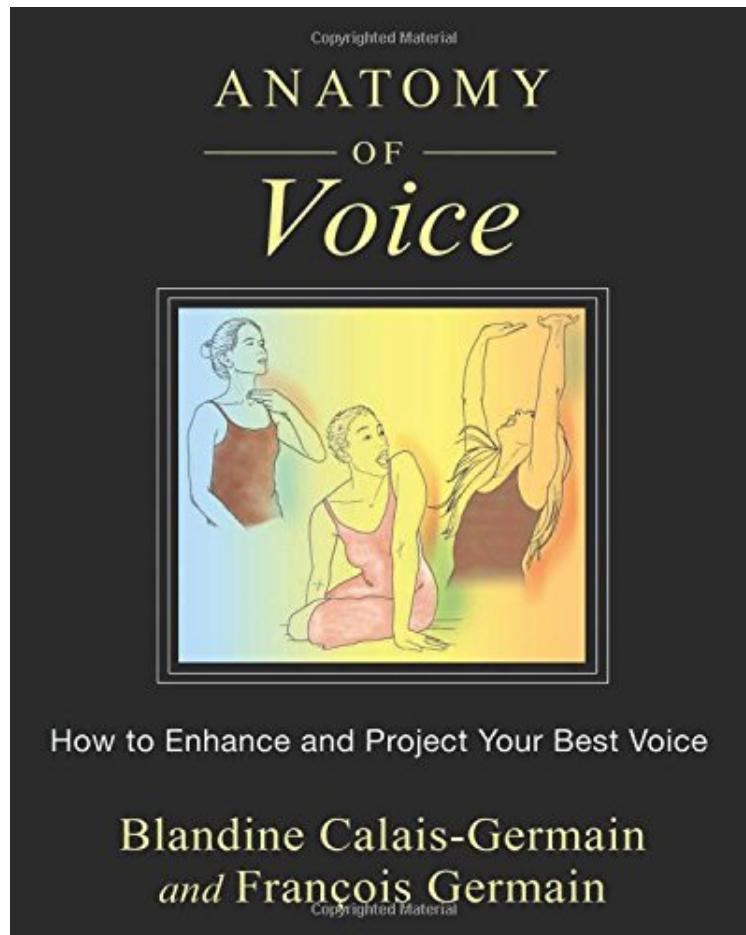


[Download] Anatomy of Voice: How to Enhance and Project Your Best Voice

## Anatomy of Voice: How to Enhance and Project Your Best Voice

*Blandine Calais-Germain, Francois Germain*  
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#829974 in Books 2016-01-01 2016-01-01 Original language: English PDF # 1 10.00 x .90 x 8.001, .0 #File Name: 1620554194304 pages | File size: 36.Mb

**Blandine Calais-Germain, Francois Germain : Anatomy of Voice: How to Enhance and Project Your Best Voice** before purchasing it in order to gauge whether or not it would be worth my time, and all praised Anatomy of Voice: How to Enhance and Project Your Best Voice:

1 of 1 people found the following review helpful. Great!!!By Paulo Rogerio Pedrosa JacovickGreat book! A lot of interesting information to singers and with photos to help to understand all information. I recommend it!!!0 of 0 people found the following review helpful. Five StarsBy Nancy SingerVery comprehensive.

An illustrated guide to the dynamic physiological structures that create and individualize the voice Explores the structures of the vocal tract and their functional relationships to the entire musculoskeletal system with detailed drawings Examines the components of the larynx and pharynx, the effects of muscular tensions on the vocal cords, the importance of skeletal alignment, and the complex roles of the diaphragm, soft palate, lips, and tongue in vocalization Provides exercises and techniques for increased air flow, correct posture, proper tongue position, jaw relaxation, and

toning of the soft palate to improve the voice. When we use the voice, we involve the entire body. Our internal balance, muscular tone, skeletal alignments, soft tissue flexibility, and even our eye movements are reflected in the voice we project to our audience, whether one person or thousands. Using the signature anatomical style of Blandine Calais-Germains groundbreaking book *Anatomy of Movement*, this illustrated guide presents a dynamic, integrated study of the physical structures of the vocal tract and their functional relationships to the entire musculoskeletal system. From the individual bones and muscles of the head and neck to the intricate structure of the shoulders to the abdominal muscles and pelvis, the authors explain how each part of the body moves, flexes, vibrates, and supports the creation and individualization of the voice. With detailed drawings and clear, concise text, they examine the individual components of the larynx and pharynx, the effects of muscular tensions on the vocal cords, proper alignment of the skull, rib cage, and pelvis, the intimate relationship between breath and voice, and the complex roles of the diaphragm, soft palate, lips, and tongue in vocalization. They provide simple exercises and techniques for increasing air flow and force, correct posture, proper positioning of the tongue, relaxation of the jaw, and toning of the soft palate. Whether singer, teacher, actor, lawyer, politician, or workshop leader, this book reveals how understanding your vocal anatomy enables you to express your best voice.

*Anatomy of Voice: How to Enhance and Project Your Best Voice* presents the art and science of where the voice comes from and how to harness its power. This book is an invaluable, scientific vocal coach for people who may not have even realized they need a vocal coach. (Foreword s, 2016) This illustrated guide presents a dynamic integrated study of the physical structures of the vocal tract and their functional relationship to the entire musculoskeletal system. With detailed drawings The book provides simple exercises and techniques for increasing air flow and force, correct posture, position of the tongue, jaw relaxation and toning of the soft palate. (AZnetnews.com, May 2016) About the Author After studying physiotherapy at the French School of Orthopedics and Massage in Paris, dancer and physical therapist Blandine Calais-Germain developed an innovative method for teaching the physical structures of anatomy in relation to movement. The author of several books, including *No-Risk Abs* and the bestselling *Anatomy of Movement*, she teaches workshops to students from all over the world. She lives in Limoux, France. Francois Germain holds a doctorate in piano performance from the University of Montreal and is an assistant professor of piano, vocal coaching, and opera at the Crane School of Music at SUNY Potsdam.