

SOVT MINI GUIDE:

Vocal Training with a straw!

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SOVT MINI GUIDE:

VOCAL TRAINING WITH A STRAW

HI THERE!

THIS GUIDE IS A QUICK, BEGINNER FRIENDLY WAY TO EXPLORE SOVT (SEMI-OCCLUDED VOCAL TRACT). A SIMPLE VOCAL TRAINING METHOD THAT HELPS YOUR VOICE FEEL MORE OPEN, FREE & EASY TO SING WITH.

YOU'LL LEARN:

- WHAT SOVT IS
- WHY IT WORKS
- HOW TO SAFELY USE A STRAW
- A FUN 5-MINUTE DAILY ROUTINE
- WHEN TO USE IT FOR THE BEST RESULTS

GRAB YOUR STRAW, HAVE A LITTLE FUN & LET'S GET YOUR VOICE GLOWING! ✨

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WHAT IS SOVT?

SOVT STANDS FOR SEMI-OCCLUDED VOCAL TRACT.

DON'T LET THE FANCY NAME SCARE YOU!

IT SIMPLY MEANS PARTIALLY CLOSING THE MOUTH WHILE MAKING SOUND.

WHEN YOU HUM, LIP TRILL, OR SING THROUGH A STRAW, YOU'RE CREATING GENTLE BACK PRESSURE IN YOUR VOCAL TRACT.

THAT PRESSURE HELPS YOUR VOCAL FOLDS COME TOGETHER IN A MORE BALANCED & EFFICIENT WAY.

IN SIMPLE TERMS?

YOU'RE HELPING YOUR VOICE WORK SMARTER, NOT HARDER.

SINGING THROUGH A STRAW IS ONE OF THE EASIEST & MOST EFFECTIVE WAYS TO DO THIS.

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WHY IT WORKS..

WHEN YOU SING NORMALLY, AIR FLOWS FREELY OUT OF YOUR MOUTH.

IF THERE'S TOO MUCH PRESSURE OR TENSION, YOUR VOCAL FOLDS CAN START TO WORK TOO HARD, WHICH CAN LEAD TO STRAIN OR TIGHTNESS.

BY SINGING THROUGH A STRAW, YOU:

- ✦ BALANCE THE AIR PRESSURE ABOVE & BELOW YOUR VOCAL FOLDS
- ✦ REDUCE UNNECESSARY TENSION
- ✦ ENCOURAGE EFFICIENT VOCAL FOLD CLOSURE
- ✦ CREATE A SMOOTHER, MORE STABLE SOUND

YOUR VOICE CAN FEEL:

- ✦ MORE OPEN
- ✦ EASIER TO CONTROL
- ✦ LESS STRAINED
- ✦ SMOOTHER TO SING WITH

IT MIGHT LOOK FUNNY.. BUT IT'S BACKED BY VOCAL SCIENCE & USED BY PROFESSIONAL SINGERS & VOICE THERAPISTS ALL OVER THE WORLD.

HOW TO USE A STRAW SAFELY

USING A STRAW FOR VOCAL TRAINING IS SIMPLE, BUT A FEW TIPS WILL KEEP IT SAFE AND EFFECTIVE:

- **USE A REGULAR DRINKING STRAW, NOTHING TOO THICK OR METAL.**
- **KEEP YOUR POSTURE UPRIGHT, SHOULDERS RELAXED, SPINE TALL.**
- **DON'T PUSH TOO HARD, YOUR VOICE SHOULD FEEL FREE, NOT STRAINED.**
- **STOP IF YOU FEEL ANY DISCOMFORT OR PAIN IN YOUR THROAT.**
- **DRINK WATER BEFORE & AFTER TO KEEP YOUR VOICE HYDRATED.**
- **YOU CAN DO THIS SITTING OR STANDING, WHATEVER FEELS MOST COMFORTABLE.**

REMEMBER: THE STRAW IS A TRAINING TOOL, NOT A MICROPHONE, IT'S ALL ABOUT FEELING YOUR VOICE WORKING EFFICIENTLY.

5 MINUTE ROUTINE

A QUICK DAILY ROUTINE TO OPEN UP YOUR VOICE AND IMPROVE BREATH CONTROL:

2 MINUTES - HUMMING THROUGH THE STRAW

- HUM GENTLY THROUGH THE STRAW, KEEPING THE SOUND STEADY.
- EXPLORE DIFFERENT PITCHES – HIGH, LOW, MEDIUM.
- FOCUS ON FEELING VIBRATIONS IN YOUR LIPS & FACE.

2 MINUTES - GLIDES THROUGH THE STRAW

- SLIDE SMOOTHLY FROM LOW TO HIGH NOTES.
- KEEP IT CONNECTED, DON'T BREAK THE SOUND.
- HELPS STRETCH YOUR VOCAL RANGE & IMPROVE SMOOTHNESS.

1 MINUTE - BUBBLING IN WATER FOR BREATH CONTROL

- FILL A GLASS $\frac{1}{2}$ - $\frac{3}{4}$ WITH WATER.
- PLACE STRAW IN WATER & BLOW GENTLY TO MAKE BUBBLES.
- FOCUS ON CONTROLLED, STEADY AIRFLOW.
- BUILDS BREATH SUPPORT & HELPS YOUR VOICE FEEL "FREE."

WHEN TO USE SOVT

TRY THIS ROUTINE:

- BEFORE SINGING PRACTICE - WARMS UP YOUR VOICE EFFICIENTLY.
- IF YOUR VOICE FEELS TIRED - HELPS RELEASE TENSION.
- AS PART OF DAILY VOCAL CARE - KEEPS YOUR VOCAL FOLDS HAPPY.
- BEFORE A PERFORMANCE OR RECORDING - GIVES YOUR VOICE EXTRA EASE & CONFIDENCE.

THINK OF IT AS A 5-MINUTE "VOICE TUNE-UP" YOU CAN DO ANYWHERE: AT HOME, BEFORE A SESSION, OR EVEN BEFORE YOU START YOUR DAY! 🎵❤️

YOU DID IT!! 🙌

**EVEN JUST 5 MINUTES A DAY WITH A STRAW
CAN MAKE A BIG DIFFERENCE IN YOUR VOICE.
YOUR VOCAL FOLDS WILL THANK YOU & YOU'LL
FEEL MORE CONFIDENT WHEN SINGING OR
SPEAKING!**

TIPS TO KEEP GOING:

- **DO THIS BEFORE SINGING OR SPEAKING FOR EXTRA EASE.**
- **MAKE IT PART OF YOUR DAILY ROUTINE, CONSISTENCY MATTERS.**
- **EXPLORE DIFFERENT STRAW EXERCISES OVER TIME, HAVE FUN & GET CURIOUS WITH YOUR VOICE!**

WELL DONE!!

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TAKE YOUR VOICE FURTHER!

LOVED THIS MINI GUIDE?

READY TO TAKE THE NEXT STEP WITH YOUR SINGING?

MY 30-MINUTE VOCAL GLOW-UP SESSIONS ARE PERFECT FOR BEGINNERS OR IF YOU WOULD LIKE A VOCAL TUNE UP!

WE'LL EXPLORE YOUR VOCAL RANGE, DO FUN WARM-UPS & CREATE A PERSONALIZED EXERCISE JUST FOR YOU!

PLUS, YOU'LL GET TOOLS & TIPS TO PRACTICE AT HOME, SO YOUR VOICE KEEPS GROWING EVEN AFTER THE SESSION!

✦ BOOK YOUR SPOT HERE ✦

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