



Vocal Yoga VY (Volume 1)

Clare Fanning

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Black & White - Vocal Yoga VY® developed by Clare Fanning since 1983, integrates the Bel Canto 'preparation technology' for holding sound with the body, pre-speech, offering specific exercises and courses for the General Public. The focusing of the Voice into its natural home where the vocal cords close naturally and vibrate the unique vocal fingerprint color of the individual offer tremendous psychological equilibrium. Learning to resist vocal cord displacement into the higher throat by the exhale takes time to master but gives great relief from painful or for tired and hoarse voices. By consolidating this unique and world renowned Bel Canto Technique, so important for the Actor, Singer, Orator and anyone seeking to sound good to themselves, Clare has designed online classes that are soon to be available for the general public 'self-help' and otherwise trains teachers to bring this unique knowledge to the general public. See VocalYogaVY.com for testimonials. The Bel Canto Technique is not base on the theory of the Wind Instrument where sound is dependent on the passage of air. It is the school of the String Instrument where air pressure is kept stable while the 'bow' of the mind imposes. Black and White print.

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