

ACT meeting – 15 November 2017

Julia Moody

Voice Coach

Techniques to help us as practitioners and also giving an insight into exercises that may be helpful for our patients. Qi and breath are closely related.

New born babies tongue - You tube - Ingo Titze (?)

Singing, chanting and gargling - best way to warm up the gut

Pocket Anatomy Ap

Other suggestions:

- public speaking best standing up
- if speaker is uncomfortable it's felt by the audience
- engage with audience first - do a 180 degrees look round before you begin
- remember to breathe into the belly - if not voice becomes contorted
- connection between pelvic floor and throat
- keep upright Qi active but without any tension – e.g. if seated loosen top button of trousers or jacket

Breathing exercise

1/ one hand on belly one on chest feeling the vibration/rise and fall of breath - should breathe into our bellies

2/begin by breathing out completely then slowly let the breath back in - I think she said like pouring in milk - or some other lovely imagery that worked for me!

Exercise - We also did downward dog - then walked hands back to our feet

Exercise to loosen tension around the mouth - vibrate lips with sound.

Notes by Sally Kean-Hammerson