













# DO I NEED TO MOVE MY LIPS TO BE PART OF THE CHOIR?

<b>VOICERS 1</b>	 breathe in	pause	breathe out : x 3
	 breathe in	pause	breathe out :
	 breathe in	pause	breathe out :

<b>2</b>	 breathe in	and out	in double speed
	 breathe in	and out	in double speed
	 breathe in	pause	breathe out

<b>3</b>	 breathe in until your lungs are full to the brim	breathe out until there is nothing left in there	press out old air from the very bottom of your lungs
	 breathe in until your lungs are full to the brim	breathe out until there is nothing left in there	press out old air from the very bottom of your lungs
	 breathe in	pause	breathe out

<b>4</b>	 think about your body as an instrument	the air in your lungs as sonic matter	voicing as a way of externalising your interior
	 prepare to hear your voice inside and outside simultaneously	as it leaves your body	to become part of the space you are in
	 think about your body as a container for sound	prepare to absorb every sound in the space	through your sensual intelligence

5

make the smallest sound you can	let it oscillate	between sound and non-sound
twist your mouth in a continuous flow	let it sound	unrelated to your throat
open up your ears	to any sounding individual in the space	as well as the collective body they together form

6

find your body's deepest note	produce it	hold it as long as you can
find your body's highest note	eject it	in short outbursts
look for a combination of voices	in the space	that brings you pleasure

7

find your body's highest note	eject it	in short outbursts
find your body's deepest note	produce it	hold it as long as you can
listen for the sweet spot	between chaos	and choir

8

alternate between your highest and lowest note	be a sonic rollercoaster	up and down, down and up
find the middle of your register	let it out	with your softest sound
let your organs vibrate	to the timbre	of your neighbour

9

think about a song you loved as a teenager	sing the first two notes of it	repeat them in a loop
think about a song that loved you as a teenager	click your tongue in the rhythm of it	repeat in a loop
think about a song you loved as a teenager	try and remember	how it made you feel

10

think about a song that loved you as a teenager	click your tongue in the rhythm of it	repeat in a loop
think about a song you loved as a teenager	sing the first two notes of it	repeat them in a loop
think about a song you loved as a teenager	try and remember	how it loved you back

11

find your pulse	find a place on your body	where you can feel it
find your pulse	take a moment	to locate it
listen to	the little sounds of	searching hands

12

sing the rhythm	of your pulse	la-la-la-la-la-la-la-la
sing the rhythm	of your pulse	di-di-didi-di-di-di-di-di
listen	hear	hear

13

increase the volume	decrease the volume	increase the volume
decrease the volume	increase the volume	decrease the volume
let your internal	bodily rhythm	be affected

14

make any sound	find a sound that you like	let the space hear it
pick a member of voicers 1	provide an echo of their expression	be as accurate as you can
listen to	the ecosystem	of the space

15

pick a member of voicers 2	provide an echo of their expression	be as accurate as you can
make any sound	find a sound that you like	let the space hear it
hear the flow	of reciprocal	energy transfusion

16

borrow a sound from a friend	imitate a snippet	of their voice
give a voice to a loved one	let us hear them	through your throat
unfold a memory	of someone	dear to you

17

produce a long row of vowels	try to use the entire span of your register	let them say all things unspoken
produce a long row of vowels	let them all sound through the same tone	let them be all the things you should have said at the right time
think about all the times you	had something important to say	but somehow stayed quiet

18

slowly build up the loudest sound you are comfortable producing	form it by accumulating all of your quietness	send it out of your body
slowly build up the loudest sound you are comfortable producing	form it by accumulating all of your quietness	send it out of your body
feel the rumble of an unused sound	the sound of all your quietness combined	let it lick your skin on the inside

19

take it up a notch	and another	push it against the edges of the space
take it up a notch	and another	spit it up rubbing the ceiling
let it swirl	whipping up your fluids	allow it to suck on your oxygen

20

_____ hold it _____		
_____ until out _____		
_____ of breath _____		