

How to Give a PVI Part One (Simplified: Peer to Peer)

Tension in the body ... anywhere = tension in the voice

1. Alignment

This is the number one easy to fix (by peers) issue with just about all singers.

Feet naturally hip with apart

Knees soft to keep hips neutral

Shoulders comfortably back and down

Natural curve to spine

Weight well-distributed

Head aligned (shoulders/ears, chin, "long back of neck, short front of neck)

Eyes/cheeks lifted and energized

2. Check for Tension

Face "alive" and lifted

Jaw relaxed

Tongue relaxed

Mouth naturally engaged – not too wide, not too tense, not too lax

Positive engagement of body – up and away from gravity

3. Breath Work

Natural expansion, natural release

Look for tension in neck, shoulders, face, etc

Metered, natural release, not pushed

THAT'S IT!

Next level = tone production, vowels... *while doing all of the above.*

How to Give a PVI
Part Two (Next Level: Musical Leaders)

Use the three parts of the vocal instrument to guide the next steps

1. Actuator – breath/everything around the breathing mechanism

Look for expansion in the right places

Look for and release tension

Listen for noise

2. Vibrator – vocal folds and surrounding parts/head voice/chest voice
(this is a class on its own, but knowing these “safe shortcuts” will help)

Check for efficiency/air escaping – use NG or VV to correct

Work high to low to encourage proper registration/mix

Work on neutral sounds through the passaggio – Doh, VV, lip trill,
“favorite vowel”, ng, straw work, etc.

3. Resonator
(also a class on its own – can work on this for years!)

Yawn space

Tongue neutral/out of the way

Throat to mouth ratio

Matched vowels

Lifted “pleasantly surprised”/ “slightly amused” face

Match resonance on the following vowels:

We	Have	Long	Full
Sit	Hind	Go	Moon
Late	Heart	Joy	Mute
Men	Sun	Now	Urge