



YOGA FOR SINGING

Practicing singing in stretches and yoga poses can be really helpful!
Give it a try and have some FUN!



Side Stretch

A great pose to feel the stretch in your sides when breathing in



Warrior Pose

The deep lunge powers the belly muscles to help us stay strong and flexible



Tree Pose

A fun time to work on balance while singing your songs



Sukhasana Pose

A wonderful pose to feel your belly relax and expand while practicing breathing

