

Voice 6: The "Nay" Exercises

(Focus: Maintaining a "lowered" larynx)

JimO/Seth Riggs

♩ = 76

1. Begin with a simple triad arpeggio. Maintain lowered larynx throughout.

Nay nay nay nay nay nay nay nay nay nay

3 (Continue)

2. Now try the full octave arpeggio. Shoulders relaxed with raised rib-cage.

Nay nay nay nay nay nay nay nay nay nay (Continue)