

Singing After Forty? - Get Started On Your Dream! {Singing Guide (PDF) & Vocal WarmUp (MP3)} (Singing After Forty By Barbara Lewis Book 2)



If you know someone (yourself, perhaps?) who has always wanted to sing, but just could not find the energy, courage or opportunity to do so, give him or her this Beginners Guide as a wonderful gift - a gentle, but firm push in the right direction. The Guide comes in two parts: 1. The E-Guide (6000 words) - contains a wealth of information to help the beginning singer understand the hows and whys of getting started on their dream to sing. 2. The Vocal Warm Up Track - (This is an MP3 file which will come to you free when you send me an e-mail. See the kindle version of the Guide for more information!). The MP3 called SING WITH ME! contains a 15-minute series of very simple vocal exercises and demonstrations that the aspiring beginner singer can sing-along with as a further incentive to get out there and sing! The MP3 ends with a song that you can sing-along with - to put your new found vocal awareness to the test! Here is some of the information you will find in the Guide and on the MP3. The Get Started On Your Dream E-Guide: Sample some of the questions that are answered in this guide: I really want to sing, but I am too old What about my health? What will my friends (and relatives) say? But I dont hear as well as I used to. And to sing, I have to hear well, right? Could I consider having a career this late in my life? How do I find a good teacher? What can I expect at a lesson? What do I need to bring with me to a lesson? How much work will this take? What If I want to learn to sing by using one of the better known singing courses on CD or DVD? Okay. So how do I get started? What do I do first? The SING WITH ME VOCAL WARM-UP (20 minutes) 1. 15-minute Warm up called: SING WITH ME! Breathing exercise get ready to sing! Nooo on a long-held note Yum yum yum Ee-Oo-You You You You Humming 2. Sing Along Song: All Through The Night - (5-minutes) ?A Welsh folk song from the

1700s. I chose this song for its beautiful, easy melody that many voice-types can enjoy. If any of the words offend you, please change those words to suit your needs. I hope you enjoy singing along after you have warmed up your glorious voice! Comment from singer and author, Barbara Lewis: I can't tell you the number of times that audience members (both men and women), have come to me after a concert to tell me that secretly they have always wanted to sing. Perhaps they dreamed about it in their younger years. Maybe they began to study and learn about singing as teens. But then along came another career opportunity or marriage or motherhood and singing took a backseat and then exited the car altogether! Professional pianists have admitted the same desire to me; as have doctors, social workers, marketing specialists, guitar players, massage therapists. The list goes on. I tell them what I am going to tell you. If you love to sing: Sing Now! Begin Now. EVERY ONE SHOULD SING! The benefits of learning to sing well outweigh what is spent in time or money. First and foremost, singing makes you feel good. Think about the joy you feel when you sing along with a song on the radio. Few human endeavors can compare to singing to the feeling of powerful sound and rhythm flowing through our bodies. We singers are different from other musicians. We are our own instrument!

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