

# VOICE LESSON NOTEBOOK FOR THE ADULT BEGINNER

Brand new to singing? This notebook will help you lay a solid foundation in your singing adventures! You'll find vocal exercises to warm up your body and voice, health tips to support and preserve your voice, and an intro to the parts of your "inside instrument" (a/k/a your voice).

The information is taken from notes, exercises and handouts collected and created over my 25 years as an ongoing student, singer and teacher of voice. I hope it helps move you forward as a singer and musician with a solid, healthy vocal technique so you can . . .

**learn to sing and make music for a lifetime!**

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