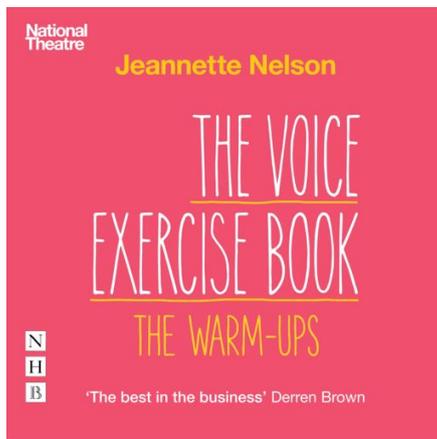


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# Essential, easy-to-use warm-ups from Head of Voice at the National Theatre



## The Voice Exercise Book: The Warm-Ups

by Jeannette Nelson

The Head of Voice at the National Theatre shares the voice exercises she uses with many of Britain's top actors to help to keep their voices in shape

ISBN: 978 1 84842 751 8

£9.99 • Audio CD and digital download

Publication date: 29 March 2018

Essential warm-up exercises for anyone who wants to use their voice more effectively. An accompaniment to *The Voice Exercise Book*, the accessible and straightforward guide to good voice production.

If you're using your voice in a professional capacity – as a performer, a public speaker, a teacher, or even for long hours over the telephone – then warming up is an essential part of ensuring best practice and vocal health.

On the CD and digital download, Jeannette Nelson, Head of Voice at the National Theatre, provides three complete and easy-to-use voice warm-ups that she uses with actors and non-actors alike. Simply press play, and follow the instructions, either on your own or in a group.

Each warm-up helps you to:

- release physical tension and prepare your breathing
- open up your voice and improve your resonance
- get the speech muscles in your mouth working freely

There is also a warm-down for after you have been using your voice, to release any tensions, re-establish good muscle action, and keep healthy for the next time.

**'Jeannette's warm-up sessions are tremendous'** Zoë Wanamaker CBE

**'Jeannette's knowledge is astonishing, and her approach so gentle and effective'** Derren Brown

**'She makes voice production endlessly fascinating and fun. There is no one better'** Rory Kinnear

### Track listing

1. Introduction (09:47)
2. About These Warm-ups (02:05)
3. Warm-Up One (28:49)
4. Warm-Up Two (22:40)
5. Warm-Up Three (13:28)
6. Warming Down (02:00)
7. Conclusion (00:36)

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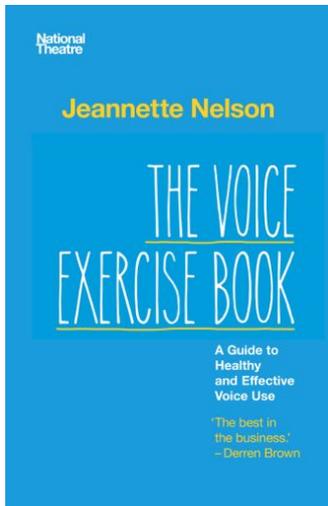
## About the author



**Jeannette Nelson** originally trained and worked as a singer and dancer, before training as a voice teacher at the Royal School of Speech and Drama. She taught for many years at the Guildhall School of Music and Drama, as well as working as a voice and dialect coach in theatre, film and television, collaborating with actors such as Benedict Cumberbatch, Al Pacino, Sally Hawkins, Orlando Bloom, Juliette Binoche, Jeremy Irons and Sophie Okonedo.

Jeannette began working at the National Theatre in 1992, becoming Head of Voice in 2007, and has also been resident voice coach at Shakespeare's Globe, the Royal Shakespeare Company and Sydney Theatre Company, Australia. She has worked on many productions for other British theatre companies in London's West End and leading regional theatres.

## Also available



### **The Voice Exercise Book**

*A Guide to Healthy and Effective Voice Use*

by **Jeannette Nelson**

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Fall in love with your voice. Get to know how it works. You will soon feel how good it is to sound like you.

Whether you perform professionally or you just want to be understood clearly and easily, you can improve your voice by knowing how it works and by practising simple exercises. The aim is not to 'fake it' – to try to sound like someone else. It is to find your authentic voice: to be honestly and clearly you in any situation.

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