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Bikram Vocal Yoga Voice and Body Language Skills to Increase Confidence and Enrich Your Life Two giants in their fields Dr Bikram Choudhury creator of Bikram Hot Yoga and Dr Lillian Glass world renown communication and body language expert have joined forces to allow you to enrich your li.

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When I completed my university studies in voice, I began my teaching practice under the name Vocal Yoga, as I realized that the process of transforming the voice is a yoga unto itself. The literal translation of yoga is union; therefore, vocal yoga means vocal union.

Vocal Yoga - Vocal technique for singing, acting and speech.

Vocal Yoga contains 100 exercises that promote vocal freedom, resonance, and power, and help you uncover tension that might be hindering your voice and creative expression.

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Becca at SingFree Vocal Yoga will help you align your body, connect with your breath, and free your voice! Join for a group Vocal Yoga class, or schedule your private lesson today! Speak your truth, sing your joy!

Northwest Vocal Yoga - classes, yoga and voice training

Once again, notice where your voice is free and what posture it feels trapped in. Bring that information to a Vocal Yoga class and the teacher can ascertain what muscle group is hindering your voice. Once the voice is free, you can later refine it with Bel Canto singing techniques.

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