

Hello everyone!

CI Music Hour Recap 4/28/22

Last week we had the pleasure of learning from voice instructor [Liz Johnson](#). Liz is a voice teacher and Jazz artist, based in Nashville, Tennessee.

Liz demonstrated the "straw technique" which she explained helps to enhance the quality and tone of both the speaking and singing voice. The general concept behind the straw technique is that by vocalizing through a straw, the air leaving your mouth is partially blocked by the small straw entrance. This in turn creates a resistance or energetic feeling in your vocal tract (inside your mouth) which then sends energy back to your vocal folds, allowing them to vibrate more efficiently. Liz further explained that the straw technique trains the vocal folds to come together in the right position and with the right thickness- two factors that are essential for healthy singing and speaking.

Liz explained how the easiest way to learn how to use the straw is by blowing bubbles into water. She guided the group in placing just the tip of the straw into a glass of water and then practicing blowing bubbles. We could tell that we were producing a steady stream of air if we saw a steady stream of bubbles. We then moved onto vocalizing (i.e. humming, singing, or speaking) into the straw and water. We practiced vocalizing into the straw for 90 seconds and then practiced vocalizing without the straw. Participants shared that following this exercise, their voice felt fuller, more powerful, relieved and warmed up! Thanks for sharing this new technique with us Liz!

If anyone wants to learn more about the straw technique and how it works, here are a couple of helpful links:

<https://singingstraw.com/pages/learn>

<https://www.voicescienceworks.org/straw-phonation.html>

Tomorrow's CI Music Hour 5/5/22

Tomorrow a USC student, Drew, who is working with our lab, will introduce a new music listening game that he has created. He has built this game for your benefit and music training, so your feedback will be invaluable!

Summer Schedule

Following this week's music hour, we will return to our summer schedule of meeting **every other week**. Please see the summer dates in the document attached so you can add them to your calendar.

Thanks everyone!

Julianne & Chrysa