

The Body, The Brain and Belting

With Kimberly Moller

Pain Science for Singing

- **The Threat Bucket**
 - Is it safe? / What is The Threat bucket?
- **Neurology 101**
 - Foundational Concepts
- **Assessments**
 - Assess → Reassess the body every time
 - Singing
- **3 minute: Joint Opener Warm-Up (feet, pelvis, ribs, shoulders)**

Improve your.....

“Singing” Exercise:

Breathing:

Walking Dead Breath

- Version 1, 2, 3

“Dancing” Exercise:


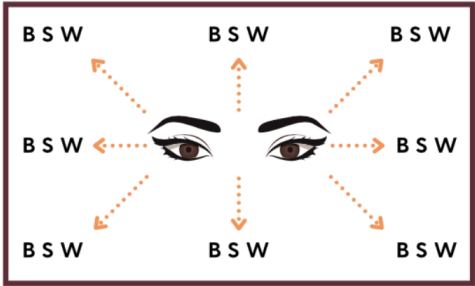
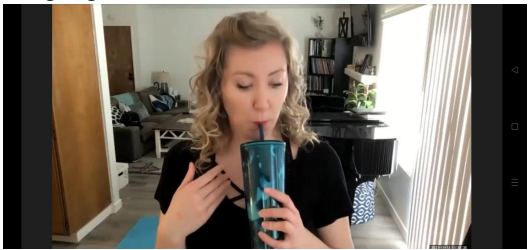
Neural Hierarchy

Eye Drills + VOR (Inner-Ear)

- Pencil Push-Up
- Balance Drills R vs L
 - Eyes open
 - Eyes closed
 -

“Acting” Exercise: Get out of your head

- Coordination
- Anti-Anxiety Gargle

IMPROVE YOUR BREATHING	NOTES		
<p>Walking Dead Breath 1, 2, 3 https://www.youtube.com/watch?v=2jjfl6SaNA</p> 			
EYES + VOR DRILL	HIGH PAY OFF	NEUTRAL	REHAB
<p>Pencil Push Up + Balance</p> <p>Vestibulo-Ocular Reflex (VOR)</p> 			
Cerebellum (ACT)	HIGH PAY OFF	NEUTRAL	REHAB
<p>Evita Zombie Tortillas Toe-Tap Knee Drag Bkwds Bicycle</p>			
CN 9/10 GLOSSOPHARYNGEAL/VAGUS NERVE		BETTER OR WORSE?	
<p>Gargling Drill</p> 	R	SAME	L

Covid Recovery for Singers:

- Trap release
- Camshafts
- Cervical Spine + C1 Band Drills
- Lymphatic Drainage Basics
- Occipital lobe pull
- Trigeminal Nerve (Jaw tension)
- Oral massage (floor of the mouth)
- Smell, taste, swallowing drills

For more information on my programs and workshops including Covid Recovery for Singers Workshop: Follow @kimberly.moller on Insta or FB.