contact me by clicking here

JANE TULI

5 DAILY VOCAL EXERCISES TO IMPROVE YOUR VOICE



JANE TULI

support email
info@janetuli.com

WELCOME TO YOUR SINGING JOURNEY!



INTRODUCTION

Hi! I’m Jane Tuli, your personal singing teacher and vocal coach!

Over the years, I’ve had the incredible privilege of helping hundreds of students unlock the full potential of their voices. From aspiring beginners to seasoned performers, I’ve witnessed the transformative power of music and the confidence that comes from truly connecting with your own unique sound.

Now, I’m here for you.

Whether you dream of singing on stage, improving your technique, or simply feeling more confident in your voice, I’m here to guide you every step of the way.

Singing is not just a skill; it’s an expression of who you are. It’s a way to tell your story, to share your emotions, and to touch the hearts of others.

This guide is the beginning of that journey.

With these simple daily exercises, you'll discover how **powerful and versatile your voice can be**. These are the same techniques I've shared with my students to help them build strong foundations and lasting results.

So, take a deep breath, trust in yourself, and let's begin this beautiful journey together.

Your voice is unique—it deserves to be heard!

Be your best,

Jane Tuli

Your Vocal Coach

BOOST YOUR VOCAL SKILLS IN JUST 10 MINUTES A DAY

Whether you're a beginner or an experienced singer, these simple exercises will help you warm up, strengthen your voice, and build confidence. Dedicate **just 10 minutes a day** to see noticeable improvements!

1. LIP TRILLS (2 MINUTES)

Lip trills are fantastic for warming up your vocal cords and improving breath control.

HOW TO DO IT:

- [x] Take a deep breath and let your lips vibrate by exhaling with a "brrrr" sound.
- [x] Keep the tone steady as you slide from low to high notes and back down.
- [x] Repeat 4-5 times.

WHY IT WORKS

Lip trills relax your vocal cords, reduce tension, and prepare your voice for singing.

2. HUMMING SCALES (2 MINUTES)

Humming is a gentle way to engage your vocal cords and improve resonance.

HOW TO DO IT:

- [x] Start by humming a comfortable note.
- [x] Move up and down the scale (do-re-mi) while keeping the sound smooth and relaxed.
- [x] Focus on feeling vibrations in your nose and lips.
- [x] Repeat on different scales.

WHY IT WORKS

Humming promotes proper vocal cord alignment and enhances tone quality.

3. SIRENS (2 MINUTES)

Sirens help you connect your chest voice and head voice seamlessly.

HOW TO DO IT:

- [x] Make an "ng" sound (as in "sing") and slide your voice from the lowest to the highest note you can reach.
- [x] Visualize your voice as a smooth, circular sound.
- [x] Repeat 3-4 times.

WHY IT WORKS

Sirens improve vocal range and smooth transitions between registers.

4. LIP BUZZ WITH A STRAW (2 MINUTES)

This exercise strengthens your vocal support and improves airflow.

HOW TO DO IT:

- [x] Take a straw and hum through it while exhaling.
- [x] Glide through a scale, ensuring the sound remains steady.
- [x] Use a glass of water for added resistance by blowing bubbles while humming.

WHY IT WORKS

The straw creates back pressure, reducing strain and increasing vocal efficiency.

5. ARTICULATION DRILL (2 MINUTES)

Clear articulation is essential for great singing.

HOW TO DO IT:

- [x] Practice saying tongue twisters slowly and clearly:
  - “Red leather, yellow leather.”
  - “Unique New York, unique New York.”
  - “Peter Piper picked a peck of pickled peppers.”
- [x] Gradually increase speed while maintaining clarity.

WHY IT WORKS

Articulation drills enhance clarity, diction, and vocal precision.

TIPS FOR SUCCESS

- **Stay hydrated:** Drink plenty of water before and after these exercises.
- **Be consistent:** Practice daily for the best results.
- **Listen to your body:** Stop if you feel any discomfort or strain.

By incorporating these exercises into your daily routine, you'll notice a stronger, clearer, and more versatile voice in no time.

Happy singing!

YOUR VOICE IS YOUR SUPERPOWER

Congratulations on taking the first step toward becoming the singer you've always dreamed of being! Every great journey starts with small, consistent efforts, and by practicing these exercises daily, you're building a solid foundation for your vocal growth.

Remember, **your voice is unique**. It carries your emotions, your story, and your passion. No one else in the world has the same voice as you, and that's your superpower.
There may be days when practice feels challenging, and that's okay.

Progress isn't always linear, but every time you show up for yourself, you're moving closer to your goals. Celebrate the small wins, whether it's hitting a note you couldn't before or simply feeling more confident in your sound.

Keep these thoughts in mind as you continue your journey:

- Consistency beats perfection. Even a few minutes a day can make a world of difference.
- Be kind to yourself. Singing is a skill, but it's also an art. Allow yourself to grow at your own pace.
- Enjoy the process. The beauty of music is in its ability to connect us to ourselves and others.

I'm so proud of the effort you're putting in, and I can't wait to see how far you'll go. Remember, I'm here to support you every step of the way.
Keep practicing, keep believing, and most importantly... keep singing! 💗

Be your best,
Jane Tuli
Your Vocal Coach



JANE TULI

support email
info@janetuli.com

READY TO ELEVATE YOUR SINGING?

Keep practicing, stay consistent, and trust in your growth. If you need personalized guidance, email me at info@janetuli.com to organize a coaching session.

You can also send me a direct message on social media by clicking on the icons at the top of this page to visit my socials.

Your voice deserves to shine, and I'd be honored to help you with that!

Be your best 💖
Jane Tuli
Your Vocal Coach