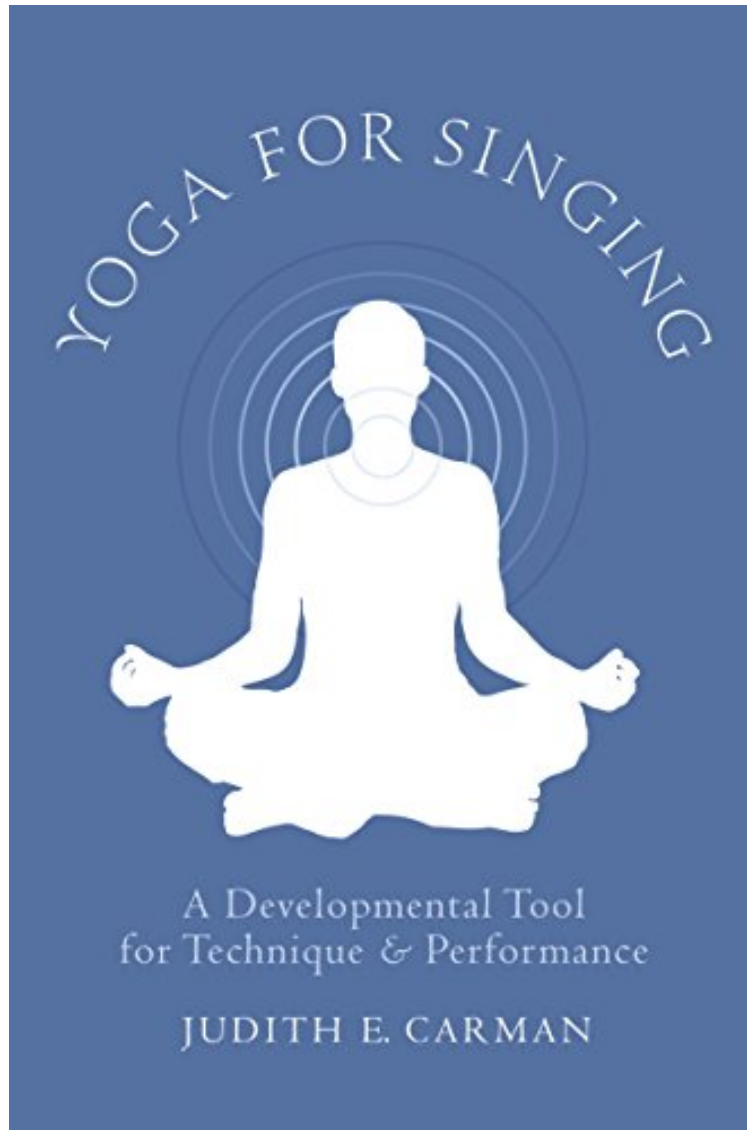


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Yoga for Singing: A Developmental Tool for Technique and Performance

Judith E. Carman

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Judith E. Carman : Yoga for Singing: A Developmental Tool for Technique and Performance before purchasing it in order to gage whether or not it would be worth my time, and all praised Yoga for Singing: A Developmental Tool for Technique and Performance:

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helpful. One StarBy Ricardo GarciaVery poor book

The 19th-century Italian singing teacher Giovanni Battista Lamperti once wrote, "Know thyself" applies to the singer more than to other professions, because to sing well, body, soul, and mind are tuned together." Yoga, with its focus on connecting mind, body, and soul, is a tool that can greatly enhance the art of singing in this very way. In *Yoga for Singing*, author Judith Carman outlines the many connections between the two arts, presenting a systematic approach to yoga practices to support the development of singing technique as well as to lay a foundation for confident performance and a long and healthy singing career. She demonstrates how closely practices such as physical postures, breathing practices, and deep relaxation techniques match the needs of singers. Included in the book and its extensive companion website are copious illustrations and specific exercises designed to be used by singers and voice teachers, regardless of their level of experience with yoga. With a unique take on technique and performance improvement, this book is an excellent resource for both vocal students and professionals at any stage of their career.

"Ever since my early days of learning how to sing, I have found the various disciplines of yoga to be enormously enlightening and reinforcing for my general and vocal health. Judith Carman's new book deserves a lot of attention." -- Thomas Hampson, baritone
"With this comprehensive volume, Judith Carman shares timeless techniques for singers of all styles and levels to help find physical balance, mental focus, and an integration of skills in an ever-changing music context. The structured support for overcoming personal issues that often impact performance is a particularly welcome contribution." --Katherine Ciesinski, Professor of Voice, Eastman School of Music
"Since the vast majority of singers' problems relate to excess tension, Judith Carman's book, dealing with yoga as a form of exercise, relaxation, and breath control, is most welcome. This work is readable and practical, and should be studied by every vocal performer who is interested in a long and successful singing career." --Anthony F. Jahn, Medical Director, The Metropolitan Opera, New York
"Judith Carman's *Yoga for Singing* offers much practical wisdom for singers as well as yoga practitioners. Singers will learn time tested tools to help them develop, refine and integrate their body, breath, mind and heart to support their singing, and yoga practitioners will see a beautiful example of how yoga teachings and practices can be adapted and applied to enhance any skill or profession." --Gary Kraftsow, Founder and Director, American Viniyoga Institute
"Outlines the many connections between the arts of yoga and singing." --Teaching Music
About the Author
Judith E. Carman has taught singing for forty years, practiced yoga for almost twenty years, and taught yoga classes especially designed for singers for a decade.