



## **HOMEWORK FOR WORKING ON ALIGNMENT IN THE STUDIO MODULE:**

1. Make time this week to explore these poses using the pose tutorials. Try them while vocalizing and notice any changes that occur in your body and voice.
2. Think of ways you can stack your life to begin to fit in more movement. A few suggestions:
  - Do these poses with your clients
  - Walk to do errands
  - Lie in psoas release while watching tv
  - Calf stretch while you brush your teeth
  - Roll your feet on a tennis ball while you dry your hair or shave your face
  - Put a pull up bar in a doorway in your house and hang from it, feet on the ground, every time you walk through that doorway
  - Squat to pick things up off the floor rather than bending at the waist

These seemingly small moments will add up!

3. Revisit the Body Section of Empowered Performance for other suggestions of working yoga poses into a voice lesson.