

Laryngeal Relaxation Techniques

-Sit with good posture and relax your shoulders-

1) Deep Breathing Practice

- a. Place one hand on diaphragm and one hand on chest to feel the difference in rise
- b. Inhale slowly through the nose, expand the stomach and fill from the bottom up
- c. Exhale through the nose or mouth for longer than you inhaled
- d. Most movement should come from your lower hand

2) Laryngeal Relaxation

- a. Straw breathing
 - i. Inhale through nose
 - ii. Exhale through a stirrer straw or regular straw (easier) for 3-10 seconds, pinch the regular straw for more back pressure. Can be in air or in cup of water
- b. Pursed lip breathing
 - i. Inhale through nose
 - ii. Exhale through pursed lips
 - iii. Can exhale in a pattern, e.g., “blow, blow, blow”
- c. Articulated exhale
 - i. Inhale through nose
 - ii. Exhale while saying “th”, “sh”, “s”, or “f” for 5-10 seconds
- d. Trills
 - i. On the exhale, trill your lips or tongue on one note or on a glide, using good breath support
- e. Yawn sigh
 - i. Inhale deeply through nose and/or mouth (opening up back of throat)
 - ii. Exhale with mouth open and let out an easy, breathy sigh, using light voicing, without pushing