

The Benefits of Singing in Adults

E-Book



By Kellie Cadogan

Dedication

This E- Book is dedicated especially to every adult who is curious about the voice and willing to understand the importance and the necessity of investing in his/her vocal potential regardless of one's age.

Quote

"I have always wanted to pursue singing but I was discouraged not to do it because I would not be able to make a living from singing. I am now taking it because I have been unhappy for a long long time and singing is the only thing that makes me happy" (anonymous alumni)

"To sing is really a special gift....I discovered a lot more in not just my talents but also in myself" Corey Sobers Smith

"I began to see the vastness and richness of this instrument called my voice"

Ruthlyn Small

INTRODUCTION

In this E- book I would like to share with you the benefits of singing in adults personal testimonies and a few tips for you to engage in at home.

Teaching voice to adults is just as rewarding as it is to teach voice to children. However, it is a very different journey.

Over the years, I have encountered adults who are working to achieve the very same benefits that some children are learning at a young age. These include but are not limited to 1. the ability to sing in tune 2. build self confidence 3. develop voice and speech 4. learn about general musicianship and 5. perform on stage..a real stage.

From a Caribbean context, music or singing for the adult is an area that has only been associated with persons who wanted to take singing as a career. However, there are many persons who don't have that desire to sing professionally. Their main desire is to achieve that specific goal of learning how to sing effectively whether it is

1. performing on a stage

2. Completing an assessment

3. Improving voice for ministry or building confidence generally.

We believe that 'everybody can sing' and you are never too old to learn something new.

Follow your heart and sing to your heart's content in a safe and fun way!

God bless

Kellie

SEVEN BENEFITS OF SINGING

1. Improves self confidence & presentation skills

Singing indirectly allows you to learn about yourself through the music. It is here that you get to see yourself with your own eyes by using your own words and using your own voice. Singing ultimately gives you the opportunity to discover yourself. It is also an excellent way to improve your public speaking skills.

2. A great way to reduce anger, depression and anxiety

No matter the circumstance singing has the ability to reduce these areas in our lives. In many ways it is achieved through connecting with the song that best suits your situation at the time. This also brings to light the power of song writing and the relationship between melody, rhythm and lyrics and how the message can evoke endorphin to reduce pain.

3. Singing is ageless

You are never too old to achieve your dreams. You are never too old to achieve your dreams. You are never too old to achieve your dreams. It's better to be mature and doing what you love than regretting that you never did it.

4. It is therapeutic physically, emotionally, socially and spiritually;

Physically singing increases the activity in the blood stream and exercises the major muscle groups in the upper body, even when sitting www.satvicshop.com; Emotionally, it is activated through songs which stimulate the emotional memory. Socially, it is a great way to bond and a safe environment for sharing. Spiritually, it is the number one (1) instrument used for worship. It is a great way to develop and build our relationship with God.

5. It is an excellent avenue for relieving stress.

It boosts our immune system therefore helping to fight disease such as stress. When you engage in the singing process, every area of your being is coming alive and silently working to remove stress. Vocalizing has the power to do this and the effect is happening every time we sing.

"If Stress is a silent killer; Singing is a silent survivor" Kellie Cadogan

6. Improves respiratory challenges especially breathing

One of the negative effects of stress are the blocks that are created within the body. Allergies, and Asthma are more prevalent now than before and singing can strengthen the respiratory tubes through breathing and can help clear the sinuses through vocal exercises.

7. Improves aerobic activity

Physically, it improves aerobic activity as it strengthens the heart and improves circulation in the body. As the body is the instrument used in singing it requires movement and the engaging of core muscles to achieve many tasks.

TIPS TO HELP YOU AT HOME

1. Whatever stage you are at vocally- SING!! Express yourself.
2. Sing the songs that mean something to you-that you are passionate about.
3. Use singing resources such as books, CD's to develop your skill.
4. Go to live performances for a greater appreciation of music and to see how voice complements other forms of music.
5. Join a Church choir or any social singing group.
6. Sing in the car, on the bus and especially in the shower/bathroom. (please do not waste water when executing this task:).
7. Search for songs/artistes that you enjoy and purchase the music and learn the songs.
8. Play music in the house and sing to your heart's content. Never be worried at this point about your "singing ability" it's about embracing and encouraging yourself with what you enjoy best, " Singing"

Student Testimony 1

I Can really say that from around the final quarter of the first term, there was already some change. The teaching style was different, and very interactive. They were the kind of sessions that you would come to develop from naturally instead of forcing improvement through strict exercises. They were fun... unique.....Challenging sometimes but in a good way.....and I Can tell

you that you leave these sessions with something new. I really believe they've done a lot for me. Even though the fun element made the training enjoyable, not every class was an easy one and sometimes understanding the lesson behind the exercise was just as difficult, but I already learned from experience that there are most things in life that are not as satisfying to have without those hardships that come along the way; if it's challenging, it's gotta be worth it. From the very first class, we learned that our voices are instruments, but to pick up from that first step, we see that if we learn how to use our instruments, it makes absolutely all the difference in anything you perform. We all have a favorite artist or a favorite song that just does something to you; it's just that good; well that is the power of a voice and in turn that is a power that's inside you waiting to be let loose. To sing is really a special gift. Thanks to the program we discovered a lot more in not just our talents but also in ourselves." Corey Gobers Smith (Voice training 101 alumni)

Student testimony 2

Today marks a very special day in my life. Today is a day that I look back at a journey which began 5 months ago; and I can definitely say that I am not the same person as I was back then. Attending this voice training course has been an amazing experience! One I can truly say it was beyond my wildest expectations! It has been exciting, enlightening, challenging, but extremely rewarding!

Singing has always been something that I loved and enjoyed, and always wanted the opportunity to participate in formal voice training.

One of the first things I learnt is that my voice is a God-given instrument. This was an amazing revelation which formed the foundation upon which my future development would be built.

All my life I utilized only one dimension of my vocal range when singing. Once I began to explore other dimensions, I began to see the vastness and richness of this instrument called my voice. But I will admit, this period was not an easy one for me. It took weeks of practice-there were times I heard a "sound" coming from my lips and wondered, "*should I have chosen cooking classes instead?*" I was challenged to go inside myself, tread on unfamiliar territory and pull out something I did not even know I had. Once I knew that I could do it, my confidence levels soared! You see, the reason this was such a challenge for me is mainly due to the fact that I have always considered myself a relatively shy,

conservative and reserved individual. I now knew the difference between just singing and delivering an impactful rendition that comes from the core of my soul.

From here, I applied this principle to my everyday life. I began to understand and tap into my ability to make an impact on the lives of others through confident expression, whether it be singing or otherwise. Having gone through this course and having successfully completed the 1st Grade along with attaining this invaluable experience, I am excited to continue this journey which, undoubtedly, will help me to reach my full potential.

One thing is certain-I am indeed blessed to have been a participant in East Point Productions voice training 101 classes and to have met such a warm, committed and extremely talented team.

Thank you for giving me the push I needed, for impacting my life in a tremendous way, for helping me to discover a part of myself I probably would never have been able to do on my own. May the Lord continue to bless you! You are a blessing! Ruthlyn Small (Voice Training 101 alumni)

INVEST IN YOURSELF

We are looking for adults who are committed to the overall growth and development of themselves. If you are one of those persons who understand the value of investing in yourself, we would love for you to join our Voice Training 101 program. This is an ideal opportunity to learn how you can have fun and develop vocally all at the same time.

Our Voice Training 101 program has been tested and proven to give results to adults who have a desire to learn how to sing.

INVEST TODAY in YOU by registering for our new term. Classes are available from as old as your wish to be. ie our eldest alumni to date is 74 years old!

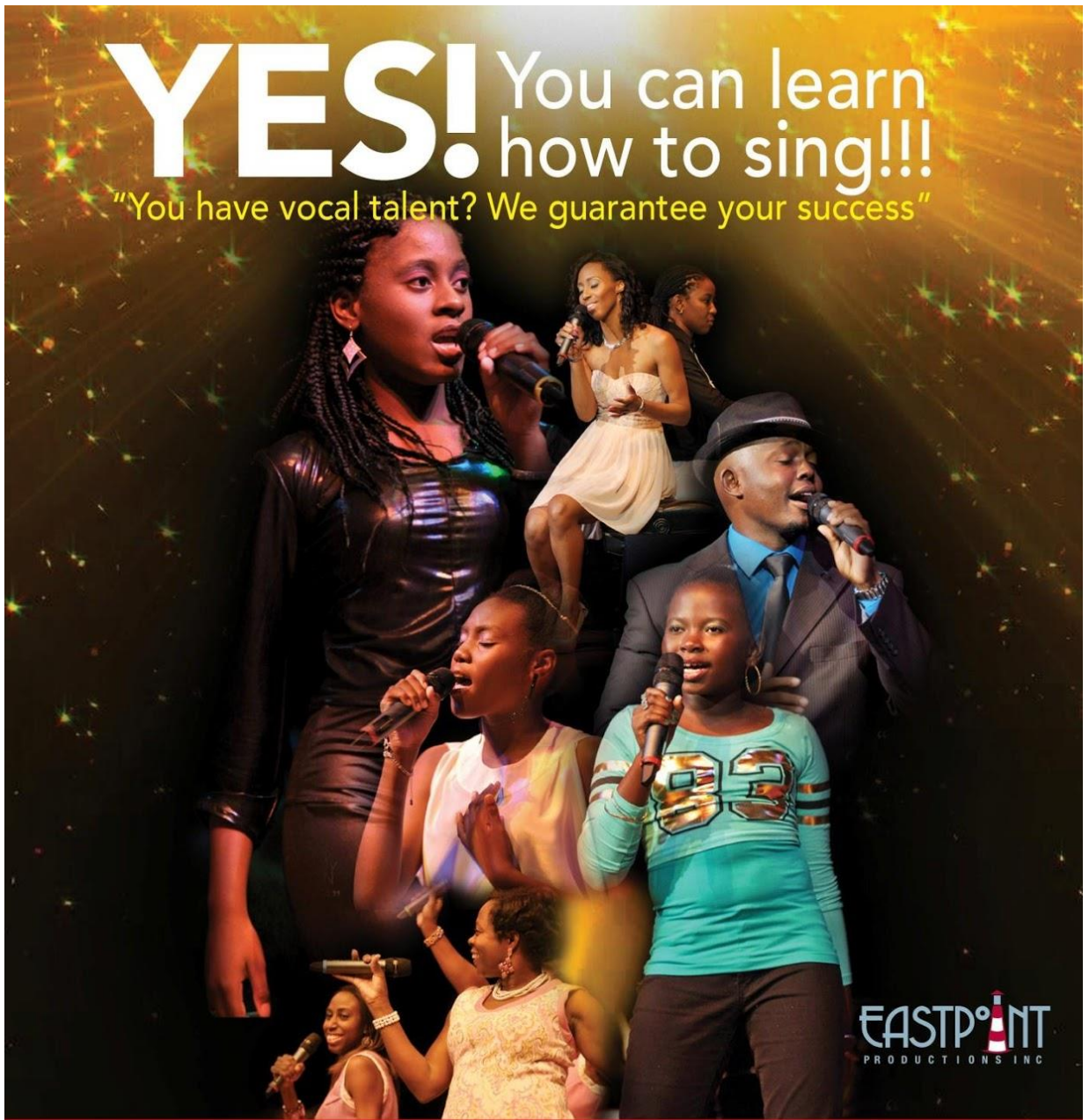
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"You have vocal talent? We guarantee your success"



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