



MELODIC
MOONRISE



Liberate Your Voice & Reclaim Your Womb

Exercises



@melodicmoonrise



Exercices	How to do it?
Vagus Nerve Stimulation Massage	<p>Relax the jaw. Open your mouth. Facial stretching and massage. Activate sighs and yawns to connect with your calm and natural sound.</p> <p><u>Vagus Nerve Massage Video</u></p>
BRR (LipRoll)	<p>Exercise to vocalize: Modulate air, awaken the voice. With your lips semi-joined and relaxed, release air through your mouth. You can take the corners of your lips as well to perform this exercise.</p> <p>You can toggle between just releasing air or using Voice changing volume as well.</p> <p><u>Lip Roll Video</u></p>
Diaphragmatic Breathing (Sss, Shhh, Tsss)	<p>Deep breathing, exploring the cavities of the body. Reach the belly. Take a deep breath, and release with a "Sssss". Repeat and observe how the air travels inside and outside of us. Let the sound be linear and fluid. We can alternate between "Ssss", "Shhhh" or "Tsss"</p> <p><u>Ssss, Shhhh, Tsssss Video</u></p>



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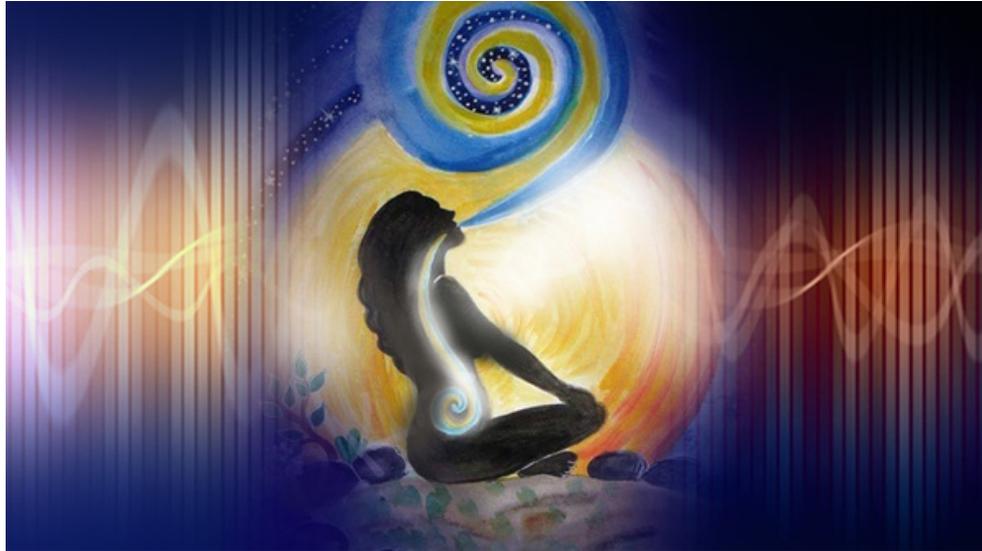
Exercices	How to do it?
Vocal Crick	<p>Awaken the Voice, activating the vocal folds without the voice. We make this sound naturally when we get up in the mornings or when we complain. It doesn't have to be done at high volume. Do it naturally.</p> <p><u>Vocal Crick Video</u></p>
Natural Sounds	<p>This point simply consists of letting your Natural sound Be. Without judgment and control. Emit the sounds or melodies that come to you, fluidly. You can try Nature sounds or our natural sounds: Yawn, sigh, laugh, moan, scream. Also, you can play a song you like and add intuitive sounds or melodies to the song.</p>
Movement: Hip Circles, Shake, Release, Tremble, Infinity from kidney to ovary, Infinity with hips	<p>Move, let the energy flows, connect with your body, follow the rhythm, identify sounds and reproduce them with movement. Connecting with your body is connecting with your physical instrument.</p> <p><u>Infinity, shake, hip circles</u></p>



Exercices	How to do it?
<p>Inspired by Ovarian Breathing Tao of Woman Mantak Chia</p>	<p>Smile. Connect with your vital energy. Breathe deeply into your ovaries and womb, squeezing the perineum, anus, and vagina. Hold your breath and increase your energy as you continue to squeeze. Smile. Keep raising the energy to the crown of your head and move like a snake. Let go and relax. Repeat at least 36 times.</p> <p>Alternative breathe into the ovaries and womb 10 times. Then breathe and hold for 4 seconds, squeezing the perineum and then release with a sigh. Repeat 4 times. Do the same breathing towards the heart and finally towards the third eye.</p> <p><u>Ovarian Breathing + Intention</u></p>
<p>Pelvic Massage</p>	<p><u>Pelvic Massage Video</u></p>
<p>Postures to relax the pelvic floor and jaw (Can be added to your stretching routine)</p>	<p><u>Walking with Glutes</u></p> <p><u>Circle with hip and tongue</u></p> <p><u>Cat Caw pose with tongue</u></p>



Vocal Toning



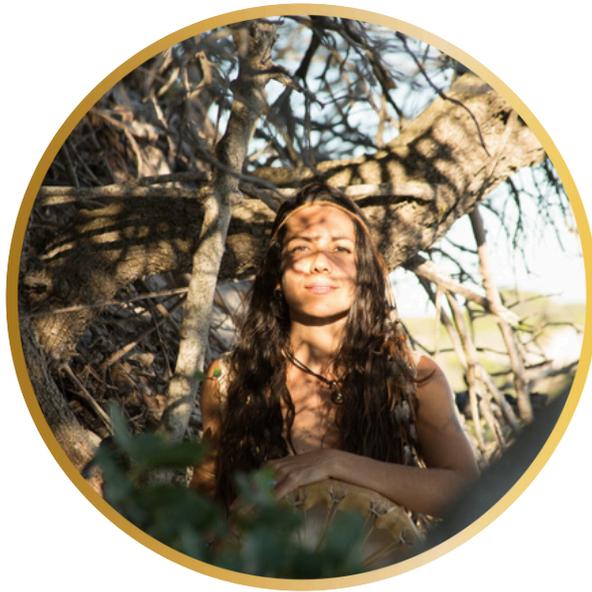
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Vam		ooo
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[Vocal Toning Video](#)





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