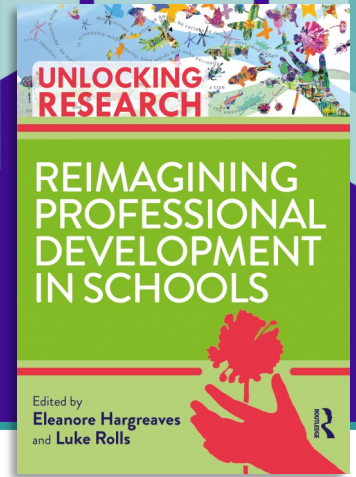


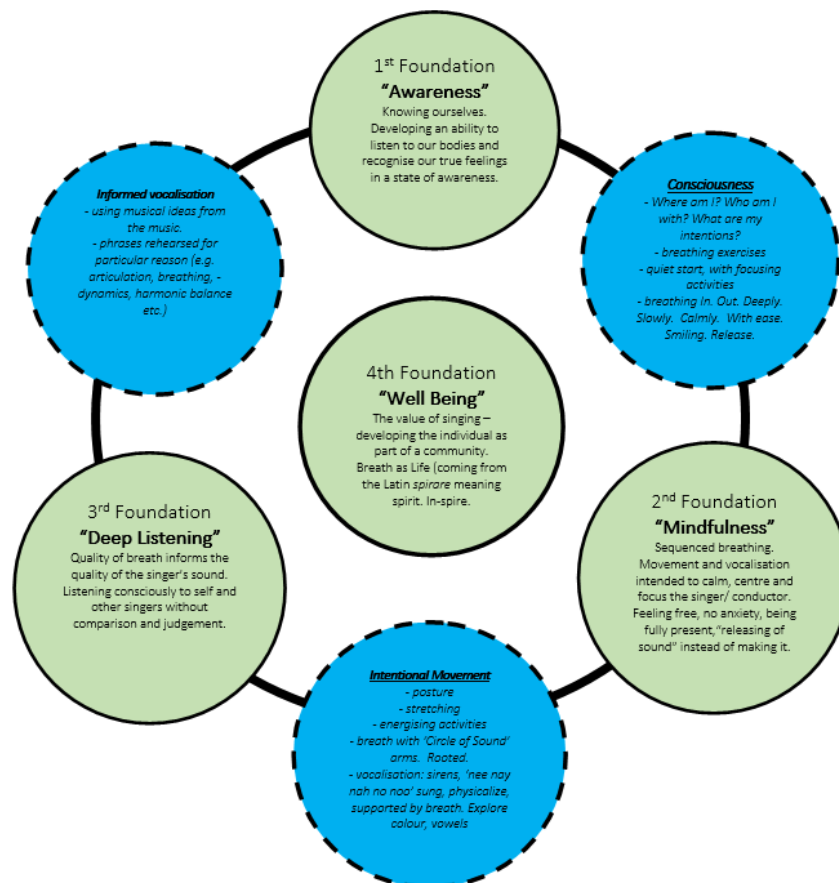
# Developing Singing

CHAPTER 13 | RAO & WHEELER: BECOMING OUR BEST PRACTICE



## Mindfulness of breathing and rehearsal strategy

The 3 P's of Rehearsal methodology in teaching singing - Produce, Practice, Perform are informed by the Foundations and practices in the diagram below. The green circles indicate the foundations of singing education. The blue circles indicate practice and ideas.



Source: Rao, D., Bowman, W. D., & Perison, B. (2005). *Circle of sound voice education: a contemplative approach to singing through meditation, movement and vocalization*. Boosey & Hawkes.