

DAILY MIX VOICE PRACTICE

BUILD BALANCE. BUILD FREEDOM. BUILD YOUR VOICE.

1 Nee → NJah

NEE

5 - 4 - 3 - 2 - 1



NJAH

5 → 1



Start with a bright, clean “Nee” on a descending 5-note scale (5-4-3-2-1). Then repeat the starting pitch with a descending “NJah” glide.

The NJ helps create a focused, forward resonance. As you open into the “Ah,” **drop the jaw** keeping the same brightness and connection. **Think narrow; not wide.** This creates a blending of the mouth resonator and throat resonator together (**aka mix ;-)**

Move through your transition areas without pushing. For many women, this will often be somewhere around A4–E5. For many men, around E4–B4. Don’t get stuck on the exact notes, every voice is different.



Stay light and easy on the top notes as you go higher in pitch. Let the resonance do the work and create the volume. Avoid carrying too much chest voice weight upward.

2 Lip trill Slides (SOVT exercise)



HIGH



LOW

Start in your comfortable upper range and slide all the way down into your lower notes on a lip trill. Repeat several times.

Starting from the top often makes it easier to stay balanced and avoid pulling too much chest voice upward.

Keep the trill easy and steady. No pushing.

This is a great mix voice exercise because it helps the chest voice and head voice muscles learn to work together, creating smoother transitions and better balance throughout your range.



Keep your lips relaxed (but not passive) and keep a steady airflow. Good breath support will make the trill much easier and more consistent.

3 Oowee

((OO))

1 → 2 → 3 → 4 → 5



Sing a slow ascending 5-note scale (1-2-3-4-5) on “Oowee.” Take your time—this exercise works best when you give yourself enough time to find the right resonance. Keep the notes connected.

The “Oo” helps keep the larynx from rising too high, which is often a contributor to tension and strain in the transition area. The “Wee” adds brightness and helps guide the voice toward a balanced mix.

As you go higher, keep the jaw dropped and resist the urge to spread the mouth too wide into a smile.

If you're doing the exercise well, you'll likely hear and feel a strong amount of pharyngeal resonance; a rich, ringing quality that is often a great sign of a balanced, full mix sound.



If you're doing the exercise well, you'll likely hear and feel a strong amount of pharyngeal resonance; a rich, ringing quality that is often a great sign of a balanced, full mix sound.

4 Ah Ah Aahhh (Chest / Thick Mass Exercise)



AH
AH
AAHHH

/ | \
(pops)

Check out the video for a demonstration of the exercise.

This is one of my favorite exercises for building a stronger chest-dominant mix.

It helps you take that thicker chest voice quality higher without flipping or squeezing.

Pay attention to the little “pops” at the beginning of the notes. Those subtle glottal onsets help the vocal folds come together efficiently.



Having a hard time finding it?

Try this: open your mouth and imagine your vocal folds are already closed before you make sound. It should feel like almost no air is escaping. Then simply start the note.

Keep it clean and connected. Think strength, not force.



Take this exercise all the way through your high chest range and transitions points.

5 HUNG

HUNG

1 → 5



We're making an unfinished sound here. Think of a vacuum cleaner. As you sing the 5-note ascending glissando (1 → 5), notice how the resonance moves.

You'll often feel it start lower in the vocal tract and gradually move toward the back of the throat and going up. As you get into the higher notes, you may even feel some vibration behind the eyes.

Move through your upper chest voice and transition areas. As the pitch goes up, allow the top notes to become a little less loud and more bright.

This exercise is primarily training the mouth resonator, not necessarily the final mix sound you're aiming for. Think of it as developing one of the ingredients of mix voice.

Feel free to experiment with how much pharyngeal resonance you add. Some singers prefer a brighter mix, while others enjoy a fuller, darker sound.



Notice the resonance move.

This awareness is the key to building a strong, balanced mix voice.

6 Release Shoulder Tension



Roll your shoulders forward and backward (or use any favorite shoulder release exercise you already have). The goal here is simply to loosen up unnecessary tension.

A quick note: if shoulder tension is a long-term habit, one stretch isn't going to magically fix it. With this exercise you're creating a little more freedom before you sing.

Releasing tension around the shoulders and chest helps improve breathing & easier expansion of the ribcage. It also reduces tension in the muscles surrounding the larynx, allowing the larynx to move more freely.



Loosen up. Create space.

More freedom in your body = more freedom in your voice.

7 Release Neck Tension



Neck Tension

Drop your head gently to one side and let gravity do most of the work. Place your opposite hand on top of your head and allow the weight of your hand to deepen the stretch—no need to pull.

From there, slowly rotate your head slightly forward and backward to explore different parts of the stretch.

This targets three muscle groups that many singers hold tension in:

- Trapezius
- Levator Scapulae
- Scalenes

These muscles help support the head, neck, and breathing system. When they're overly tight, they often contribute to tension around the neck and larynx, making singing feel harder than it needs to be.

They can also affect the moving parts in your vocal tract which influences both your resonance and your timbre.

The goal isn't a huge stretch. We're simply creating a little more freedom so the voice can do its job with less effort.



These exercises are building blocks of the mix voice. Some of them combine both the throat & mouth resonator whereas others focus on one of the two. The more you practice, the more your body knows what to do.



Remember: you'll get out of it what you'll put into it.



If you need help building your mix voice and want to make sure you're executing the exercises the right way;
BOOK A PRIVATE SESSION WITH US
 at www.houseofvoicecoaching.com.



We're happy to help!