

Face Yoga for Voice Actors

VO Atlanta 2021

What do I need to remember?

For every exercise, use **RIB**.

- Relax

- Almost always means keep shoulders down
- Also applies to other parts of face or body

- Isolate

- Concentrate on only those muscle(s) or areas
- Small muscles = small movements

- Breathe

- Avoid holding your breath
- Use deep breathing for best oxygen flow

The WOW

How to do it

1. Say WOW in slow, exaggerated movement
2. Open mouth as wide as possible
3. Repeat 10 times
4. Vocalize for extra benefit

What it does

- Releases tension and stress
- Stretches and warms up face muscles
- Uplifts your mood

✗ Don't wrinkle forehead

5-Part VO Warmup

Start from the neck up:

1. Swan Neck
2. Yummy Face
3. Nasolabial Smoother
4. The Fuller Cheek
5. Forehead Freeze

Swan Neck

How to do it

RIB

1. Turn head up to 45-degree angle on one side
2. Pucker lips
3. Hold for 5 seconds, repeat
4. Turn head up to 45-degree angle on other side
5. Hold for 5 seconds, repeat

What it does

- Stretches side of neck
 - Tightens neck and jawline
 - Reduces sagging neck and double chin
- ✗** Don't turn head too far to cause strain

Yummy Face

How to do it

RIB

1. Smile with lips closed and corners of mouth at same level
2. Stick tongue out and up, lips tight
3. Hold for 3 seconds
4. Slowly move tongue to right and hold 3 seconds
5. Move tongue left and hold 3 seconds
6. Repeat 2 more times

What it does

- Lifts the corners of your mouth
- Makes you look young and happy
- Gives better results with slow movement

✗ Don't lift cheeks

✗ Don't push tongue down

Nasolabial Smoother

How to do it

RIB

1. Close your lips tight and fill mouth with air
2. Move around mouth and hold for 5 seconds:
 - Forward toward lips
 - Right cheek
 - Left cheek
 - Upper mouth
 - Lower mouth

What it does

- Smooths and shortens nasolabial fold lines
- Acts as counter to other exercises
- Gives better results with slow air movement

The Fuller Cheek

How to do it

RIB

1. With mouth slightly open, curl lower lip over teeth
2. Pull corners of mouth up and back, keeping at same level
3. Move chin slightly forward
4. Hold for 10 seconds

What it does

- Strengthens lips and cheeks
- Plumps the lips
- Reduces lines around the mouth

✗ Don't bare top teeth

✗ Don't strain neck or head forward

Forehead Freeze

How to do it

RIB

1. Place one or both hands on forehead
2. Press firmly against forehead
3. Open eyes as wide as possible
4. Hold for 5 seconds
5. Close eyes and relax for 3 seconds
6. Repeat 2 more times

What it does

- Trains your forehead not to move when opening your eyes wide
- Strengthens the orbital muscles around eyes

✗ Don't push forehead up or down to create wrinkles

The Big O

How to do it

RIB

1. Look straight ahead
2. Open mouth to O-shape
3. Push lips down and make face long
4. Press upper lip against teeth
5. Hold for 5 seconds

What it does

- Improves blood circulation in face
- Use as counter to other poses
- Smoothens nasolabial fold lines

✗ Don't look up or strain your neck

Forehead Massager

How to do it

RIB

1. Interlace your fingers and press hands firmly on top of head with arms wide
2. Firmly but gently move scalp forward and backward 10 times
3. Move scalp side-to-side 10 times
4. Place hands on forehead
5. Move forehead up and down 10 times

What it does

- Increases blood flow and circulation in the face
 - Relaxes and massages the forehead and scalp
- ✗ Don't wrinkle forehead
- ✗ Don't point elbows forward

Thank you for
attending!

Enjoy the rest of VO Atlanta 2021. Be resilient!