

# **PVI TEACHING POINTS AND CHECKLIST**

## **TEACHING POINTS:**

- Goal: One balanced voice regardless of range
- Breathe horizontally with ribs suspended and buoyant
- Amphitheater/arched breath into the “shell” at the back of the throat
- Release breath with gentle air pressure and energy
- No pressing or pushing
- Mischievous/inside smile for lifted cheeks and eyes
- Keep body fluid - move
- All vowels have forward placement

## **POSTURE:**

Posture alignment, centered around core  
Weight forward on balls of feet and buoyant  
Knees flexible  
Elevated and expanded ribcage  
Shoulders back but not rigid or tense  
Arms hanging freely, palms toward sides  
Head positioned over spine  
Neck relaxed  
Chin parallel to floor  
Lifted cheek muscles at nose and area behind eyes

## **BREATHING:**

Open, relaxed throat for arched breath  
Top of jaw lifted  
Gently lowered larynx  
Relaxed tongue  
Expanded breath (east and west)  
Epigastric support (breath clutch)  
Breath management (controlled, energized release)

## **PHONATION:**

Breath returned in the arched space  
Coordination of breath and sound (no glottal attack, escaping air)  
Tone (sustained, free and clear)  
Vibrato (steady and even)

## **RESONANCE:**

Arched space/soft palate lifted  
Relaxed jaw (easily moved while singing)  
Focused tone, past the teeth and lips and away from the body

## **ARTICULATION:**

All vowels with forward placement  
Vowel does not change quality regardless of range