

# Morning Warmups

Lips are closed, but teeth slightly open. All on one breath, slide gently down-up-down-up, then down by steps. Repeat a half step higher, 5 or 6 times.

1

Mmm... .. ...mmm.

Separate the first two notes, then connect the following notes smoothly. Repeat a half step higher...

2

Mm, mm, mmm..... ...mmm. Mm, mm, mmm..... ...mmm.

Smooth and connected. Repeat a half step higher. Repeat 5 or 6 times or more.

Mmm... .. ...mmm.

Slowly, smooth and connected, but do not slide. Aim and land right on the notes. Repeat...

Mmm, mmm, mmm.	Mmm, mmm, mmm.	Or:
Eee, eee, eee.	Eee, eee, eee.	Or:
Hoo, hoo, hoo.	Hoo, hoo, hoo.	