

# Physical and Psychological benefits of Vocal Yoga VY® Therapy

**Background:** Vocal Yoga VY® was originated by C. Fanning (CF) to enable the general public better access to their vocal health both physically, psychologically and spiritually. This knowledge of the body and voice was observed / developed over several hundred years by the Italian Maestros / Gurus of the voice, and is called the Bel Canto Technique. This technology was an almost exclusive training for professional singers, actors and orators. Medical schools of the voice are not trained in this practice though (CF's) Maestro, Kurt Wronke-Marion, who insisted she teach, was often sent patients by doctors of the voices in Nice, France for his diagnosis and cure. These doctors studied, as did their students with this Master. During her years of teaching voice in France (CF) realized that not only would this knowledge never be public knowledge without: a book, a designed practice, interactive website, teachers and that this psychic therapy Vocal Yoga (VY) embraces, needed a very strengthening, centered and peaceful yogic approach.



Learning to resist vocal chord displacement.

**Aim:** Vocal Yoga VY® teaches this key knowledge for Vocal Health. (VY) trains the body within and without to hold sound correctly pre-speech while coordinating the corresponding organs based on this Bel Canto Technology (BCT). It is incorporated into vocal strengthening asanas. Vocal Yoga is thought to produce profound physical and psychological equilibrium when vocal identity is reestablishing. Preventing and correcting vocal cord (VC) displacement, one of the major causes of vocal pain, hoarseness and nodules, is a primary focus in this study. This preliminary study investigated the potential benefits of (VY) for improving vocal cord stability and control.

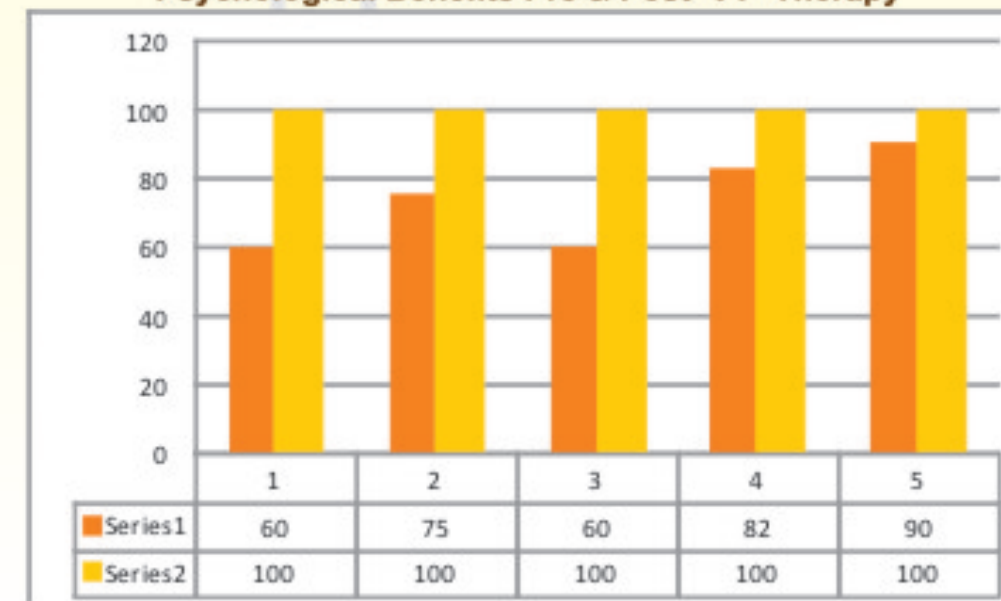
**Methodology:** Five (VY) student-teachers, 3M (Indians) / 2F (French, Greek), ages 32 to 50 completed a 65 hrs. four-part workshop, Before that they: filled in forms identifying vocal issues medical / survey or other: then - read the (VY) guidebook and then passed the books test to a mandatory 100% score. This concluded, they were given (VY) research, diaphragm development notebooks and the Vocal Yoga's Teachers Manual.

Part 1: first photographed each open mouth with tongue placement pre and post yawn for file and reference. Also each students (VC) placement at the throat level was marked on

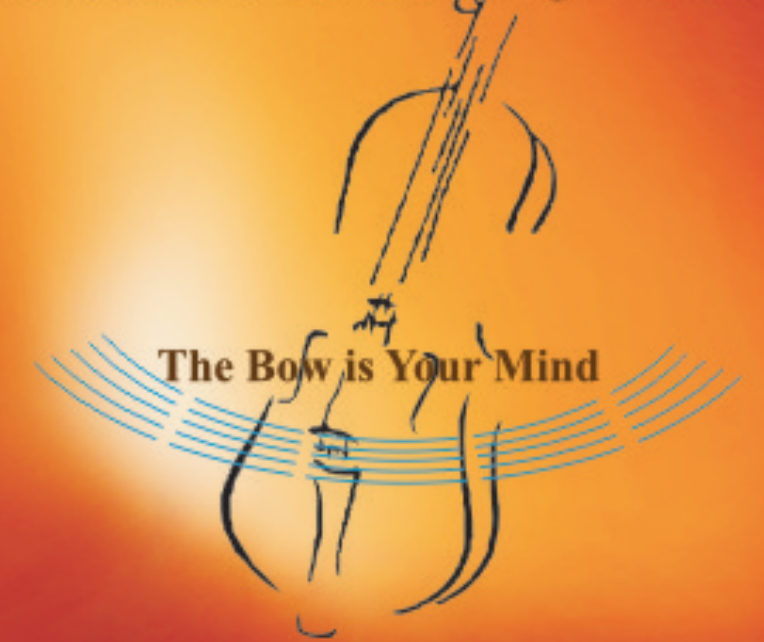
the throat and photographed pre and post yawn for progress controls & comparisons. Part 2: taught the five basic (VY) exercises. Part 3: was the (VY) practice integrating the five basic (BCT) movements into 25 asanas with controls to build resistance against displacement by the air pressure of the exhale. Part 4: was their practice to teach (VY) to others using this method.

**Results:** 1 out of 5 students had noted chronic larynx pain for over a year before this workshop. All pain ceased within 12 hours of practice due to his application of (VY); 4 out of 5 students noted very specific physical and psychological experiences of well-being from practice and wrote specific testimonials at VocalYogaVY.com, An average ½ inch lowering of (VC) levels in the pharynx was noted from original photographs after five weeks, indicating a good progress toward the vocal foundation near the bottom of the throat.

Psychological Benefits Pre & Post VY® Therapy



The Vocal Chords are a String Instrument



**Summary:** This preliminary study suggests that (VY) therapy may aid in vocal health and be useful for the prevention of vocal chord displacement, friction and alleviation of larynx pain. At the psychic level all the students testified to an increase in energy, awareness and psychological releases of impact. This perhaps controversial new form of yoga is at its beginning. All future teachers and students are requested to give their research feedback so we can continue to make available results of this valuable knowledge that was so highly scrutinized over several centuries by these great Maestro's of the voice. Their close and long observations of the body, the mind & the voice with all coordinating organs gave to posterity this Bel Canto Technology. It is now incased in VY in such a way as to be beneficial for those seeking to focus their voice, master displacement and establish a yogic respect for these inner lips that vibrate our consciousness..

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