







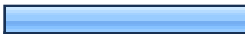




1. What is your present position? Please check all that apply.

		Response Percent	Response Count
Private teacher		70.0%	35
University/College professor		48.0%	24
Coach/Accompanist		6.0%	3
	Other (please specify)		10
		answered question	50
		skipped question	5







2. Past position(s). Please check all that apply

		Response Percent	Response Count
Private teacher		86.0%	43
University/College professor		50.0%	25
Coach/Accompanist		8.0%	4
	Other (please specify)		6
		answered question	50
		skipped question	5

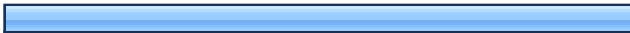

3. Number of years teaching.

		Response Percent	Response Count
0-5		36.4%	20
6-10		18.2%	10
11-15		12.7%	7
16-20		9.1%	5
More than 20		23.6%	13
answered question			55
skipped question			0




4. Background education/training. Please check all that apply.

		Response Percent	Response Count
Bachelor of Music		54.9%	28
Bachelor of Arts		17.6%	9
Master of Music		62.7%	32
Master of Arts		7.8%	4
Doctorate of Musical Arts		33.3%	17
Performance Certificate/Diploma		9.8%	5
Other (please specify)			3
answered question			51
skipped question			4

5. Have you read about or studied body/postural alignment and awareness methods such as Alexander technique, Feldenkrais, Yoga, or Pilates?

		Response Percent	Response Count
Yes		94.5%	52
No		5.5%	3
answered question			55
skipped question			0




6. Do you think it is necessary to address a student's body/postural alignment for singing?

		Response Percent	Response Count
Never		0.0%	0
Sometimes		3.6%	2
Neutral		0.0%	0
Often		32.7%	18
Always		63.6%	35
answered question			55
skipped question			0

7. Why do you think it is necessary to address a student's body/postural alignment for singing?

	Response Count
	54
answered question	54
skipped question	1

8. Do you address body/postural alignment in your students' voice lessons?

		Response Percent	Response Count
Never		0.0%	0
Sometimes		7.4%	4
Neutral		0.0%	0
Often		50.0%	27
Always		42.6%	23
answered question			54
skipped question			1

9. How frequently do you work on a student's body/postural alignment in his/her voice lesson?

	Never	Sometimes	Neutral	Often	Always	Response Count
New student/1st year of study	0.0% (0)	3.7% (2)	3.7% (2)	44.4% (24)	48.1% (26)	54
2nd year of study	0.0% (0)	11.3% (6)	7.5% (4)	54.7% (29)	26.4% (14)	53
3rd year of study	0.0% (0)	29.4% (15)	9.8% (5)	33.3% (17)	27.5% (14)	51
4th year of study and beyond	0.0% (0)	32.0% (16)	16.0% (8)	24.0% (12)	28.0% (14)	50
answered question						54
skipped question						1






10. Do you, as a singer, use an alternative body/postural alignment method as part of your complete vocal practice?

		Response Percent	Response Count
Never		5.9%	3
Sometimes		29.4%	15
Neutral		15.7%	8
Often		35.3%	18
Always		13.7%	7
answered question			51
skipped question			4






11. Do you, as a singer, use any of the following methods for body/postural alignment yourself? Please check all that apply.

		Response Percent	Response Count
Yoga		55.8%	29
Alexander Technique		57.7%	30
Feldenkrais Method		11.5%	6
Pilates		13.5%	7
I do not use any method		21.2%	11
Other (please specify)			14
answered question			52
skipped question			3

12. Do you, as a teacher, use any of these body/postural alignment methods with your students, if yes, then which one(s)

		Response Percent	Response Count
Yoga		47.8%	22
Alexander Technique		47.8%	22
Feldenkrais Method		6.5%	3
Pilates		4.3%	2
I do not use any method		32.6%	15
	Other (please specify)		15
answered question			46
skipped question			9






13. Do you encourage your students to pursue these body/postural alignment methods on their own in a class or privately outside of lessons?

		Response Percent	Response Count
Never		1.9%	1
Sometimes		42.6%	23
Neutral		1.9%	1
Often		35.2%	19
Always		18.5%	10
answered question			54
skipped question			1

14. Which, if any, of these methods have you used in lessons to encourage proper body/postural alignment, and why did you choose this particular method. If more than one method was used please explain your reasons.

	Response Count
	41
answered question	41
skipped question	14

15. Do you think it is necessary to address a student's body awareness in lessons?

		Response Percent	Response Count
Never		1.9%	1
Sometimes		7.7%	4
Neutral		1.9%	1
Often		34.6%	18
Always		53.8%	28
	answered question		52
	skipped question		3






16. Why do you think it is necessary to address a student's body awareness while he/she is singing or during lessons?

	Response Count
	48
answered question	48
skipped question	7



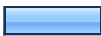


17. How frequently do you work on a student's body awareness in lessons?

	Never	Sometimes	Neutral	Often	Always	Response Count
New student/1st year of study	0.0% (0)	5.9% (3)	3.9% (2)	47.1% (24)	43.1% (22)	51
2nd year of study	0.0% (0)	4.0% (2)	8.0% (4)	58.0% (29)	30.0% (15)	50
3rd year of study	0.0% (0)	25.0% (12)	8.3% (4)	41.7% (20)	25.0% (12)	48
4th year and beyond	0.0% (0)	29.2% (14)	6.3% (3)	39.6% (19)	25.0% (12)	48
answered question						51
skipped question						4





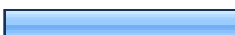
18. Do you, as a singer, use an alternative body awareness method as part of your complete vocal practice?

		Response Percent	Response Count
Never		4.1%	2
Sometimes		18.4%	9
Neutral		14.3%	7
Often		40.8%	20
Always		22.4%	11
answered question			49
skipped question			6






**19. Do you use any of the following as a body awareness methods yourself as a singer?
Please check all that apply.**

		Response Percent	Response Count
Yoga		53.1%	26
Alexander Technique		53.1%	26
Feldenkrais Method		14.3%	7
Pilates		12.2%	6
I do not use any method.		22.4%	11
	Other (please specify)		10
answered question			49
skipped question			6

20. Do you, as a teacher, use these any of these methods for body awareness with your students? If yes, then which one(s).

		Response Percent	Response Count
Yoga		41.3%	19
Alexander Technique		50.0%	23
Feldenkrais Method		13.0%	6
Pilates		6.5%	3
I do not use any method.		34.8%	16
	Other (please specify)		6
answered question			46
skipped question			9

21. Do you encourage your students to pursue these methods for body awareness on their own in a class or privately outside of lessons?

		Response Percent	Response Count
Never		2.0%	1
Sometimes		34.0%	17
Neutral		6.0%	3
Often		38.0%	19
Always		20.0%	10
answered question			50
skipped question			5

22. Which, if any, of these methods have you used in lessons to encourage body awareness, and why did you choose this particular method. If more than one method was used please explain your reasons.

	Response Count
	33
answered question	33
skipped question	22

Page 2, Q1. What is your present position? Please check all that apply.

1	Student	Mar 23, 2012 7:49 PM
2	Elementary Music	Mar 15, 2012 10:41 PM
3	DMA Student/University Teaching Assistant	Mar 9, 2012 10:06 AM
4	singer	Mar 7, 2012 5:34 PM
5	Professional singer/occasional voice teacher/advisor	Mar 7, 2012 1:58 PM
6	Music Education Teacher Intern and UA Voice Student	Mar 6, 2012 9:17 PM
7	Singer/Occasional teaching	Mar 6, 2012 12:48 PM
8	Artistic Director/Conductor of the Alabama Choir School	Mar 5, 2012 10:12 PM
9	high school choral director	Mar 5, 2012 4:20 PM
10	School Music Teacher	Mar 5, 2012 4:04 PM

Page 2, Q2. Past position(s). Please check all that apply

1	Professional performer (singer and actor)	Apr 19, 2012 7:11 PM
2	Middle School Choral Teacher	Apr 3, 2012 8:03 AM
3	Professional Opera/Concert/Recital Performer	Mar 25, 2012 5:13 AM
4	Student	Mar 23, 2012 7:49 PM
5	Professional singer for 30 years	Mar 5, 2012 10:12 PM
6	University professor	Mar 5, 2012 4:04 PM

Page 2, Q4. Background education/training. Please check all that apply.

1	Bachelor of Fine Arts (Theatre)	Apr 19, 2012 7:11 PM
2	PhD in vocal pedagogy	Mar 24, 2012 4:21 PM
3	PhD Historical Musicology	Mar 15, 2012 10:41 PM

Page 3, Q7. Why do you think it is necessary to address a student's body/postural alignment for singing?

1	Because a better alignment can free up the voice	Apr 22, 2012 8:41 PM
2	If students don't use the mechanical advantage of their bony structure for support, they will unnecessarily use muscular work to stand or sit that may either interfere actively with the movements of singing or interfere indirectly by tying up muscles that should be free to move to sing.	Apr 19, 2012 7:19 PM
3	It allows proper function of all the parts to contribute to a free, well-supported and well- resonated tone.	Apr 19, 2012 7:53 AM
4	Postural alignment affects breathing (inhalation, exhalation, lung capacity) and laryngeal position.	Apr 12, 2012 6:48 AM
5	This is the ground-work upon which "technique"/"good singing" is built.	Apr 11, 2012 5:22 AM
6	It affects the ability of the instrument to coordinate and function	Apr 10, 2012 7:08 PM
7	optimal alignment facilitates optimal singing	Apr 4, 2012 10:01 PM
8	A poorly aligned spine keeps the diaphragm from functioning best.	Apr 4, 2012 10:03 AM
9	Good posture is essential for proper breathing and proper focus of the voice. It contributes to a commanding stage presence.	Apr 3, 2012 10:57 AM
10	Alignment is key for breath and support. It is important that the body is properly set for singing as the body is the vessel of our instrument.	Apr 3, 2012 8:11 AM
11	Because it is directly related to the flow of air	Mar 31, 2012 1:42 AM
12	It affects breathing, support and ultimately vocal production.	Mar 30, 2012 10:21 AM
13	Because singing uses the body and a singer's awareness and control of the body is paramount to excellent technique and beautiful singing sound.	Mar 29, 2012 10:34 PM
14	The primary reason for postural alignment in singing is to allow all elements of the breathing mechanism to operate at their greatest efficiency. A purely aesthetic concern where the singer/actor is concerned is that proper body alignment communicates confidence and the veracity of what the singer desires to communicate with his/her audience.	Mar 29, 2012 10:29 AM
15	The proper positioning of the instrument (vocal tract) and the player who holds it (singer) are essential elements for the physiological process of making the vocal sound and the artistic management of that sound.	Mar 26, 2012 6:14 AM
16	I follow the Miller approach, which asserts that posture should be the first priority at all times. One cannot breathe well without good posture, and if one cannot breathe well, one cannot sing his or her best.	Mar 25, 2012 1:10 PM
17	All things work together to provide for proper breathing and singing techniques.	Mar 25, 2012 5:17 AM
18	Without proper alignment, breathing is inhibited, proper formation of vowels is hampered, usn't conducive to good stagecraft.	Mar 24, 2012 10:44 PM
19	Our body is our instrument, and alignment makes all the difference in how it is	Mar 24, 2012 4:24 PM

Page 3, Q7. Why do you think it is necessary to address a student's body/postural alignment for singing?

	"played."	
20	The instrument cannot function most effectively if the parts are not in place!	Mar 24, 2012 10:17 AM
21	Proper posture allows the body to receive the fullest amount of breath possible.	Mar 23, 2012 7:52 PM
22	for optimal respiratory performance in support of peak breath management. Also optimal spinal alignment allows the most efficient neuromusculoskeletal physiological functions, including mind-body sequencing.	Mar 22, 2012 10:02 AM
23	Poor alignment/posture has a negative effect on the singer's technique/sound.	Mar 20, 2012 9:50 AM
24	The general population is uneducated about alignment, so anyone interested in using their bodies as instruments (singing) must educate themselves about body mechanics/postural alignment. Every student I've worked with has had some postural concern. Throughout a lifetime, postural concerns vary, as the body is organic and always is changing.	Mar 20, 2012 7:28 AM
25	The function of the breath in singing is dependent on proper postural alignment. It also looks better!	Mar 20, 2012 7:06 AM
26	It affects breathing and breath support, and it also affects how they are perceived by their audience because your body language and posture are powerful expressive tools.	Mar 16, 2012 5:13 AM
27	Posture is important element of the human instrument.	Mar 15, 2012 10:44 PM
28	Improper body/postural alignment can bring about many deleterious effects in one's presentation of the singing voice. On the converse, correct posture can help to quickly bring about a resolution to these issues.	Mar 14, 2012 12:18 PM
29	If the body is an instrument--which it is--then misalignment leads to either excess tension, which will show in the voice, or a need for excess tension to overcome the already pre-existent tension.	Mar 14, 2012 8:47 AM
30	When the skeleton is aligned properly it leaves the vocal apparatus and all the muscles that support it (chiefly those used for respiration and the muscles of the face and jaw) free to work in the way they were meant to work. This leads to complete ease in singing and a natural, open sound.	Mar 14, 2012 6:19 AM
31	The voice is a muscle. The whole body is the instrument so the whole body matters.	Mar 13, 2012 12:54 PM
32	Alignment of the body directly corresponds to a healthy production of sound. If there is tension in a part of a singer's body (particularly the neck/throat area), then a free and easy sound will not be possible. As singers, our bodies are our instruments, and we have to make sure that we are correctly aligned in order to make our best sounds.	Mar 13, 2012 6:27 AM
33	Posture is important for proper breathing, which is the basis of singing.	Mar 10, 2012 10:00 AM
34	Alignment of the body(head/neck) helps with laryngeal posture as well as a deeper access to breath support.	Mar 9, 2012 7:38 PM

Page 3, Q7. Why do you think it is necessary to address a student's body/postural alignment for singing?

35	Good body posture and alignment allows the mechanics of breathing to occur in a natural way and helps to relax the throat and jaw.	Mar 9, 2012 10:17 AM
36	In order to create a healthy sound, a student needs to learn how to use their body in a healthy way.	Mar 9, 2012 10:12 AM
37	It affects breath, larynx alignment, and stage presentation	Mar 9, 2012 9:20 AM
38	If one is using a muscle (or set of muscles) to hold one's body in an inefficient way (poor body alignment), the muscle(s) are not available to aid in singing. For example, if one stands with their hips too far forward, one's abdominal muscles will have to support the lower back. They cannot also be used to manage breath flow while singing.	Mar 8, 2012 1:03 PM
39	for good breathing and breath support	Mar 7, 2012 5:36 PM
40	While it is necessary for the singer to maintain a healthy posture while singing so as to avoid awkward or unhealthy muscle memory with regard to his/her singing, I would be hesitant to make a major issue of it, so long as the singer is not at risk of harming him/herself. I fear that too much emphasis placed on physical and/or muscular placement can lead to tension or stiffness, which can inhibit vocal production both directly and indirectly.	Mar 7, 2012 2:08 PM
41	I believe harping on one technical problem encourages a student to obsess over the issue in an unhealthy manner; however, when appropriate, the teacher must remind the student of how to achieve proper alignment. Without a teacher's guidance on the matter, a student may develop a long-term postural problem, which will not allow for the most favorable of conditions for sound technique.	Mar 7, 2012 10:41 AM
42	Posture is the foundation of good breathing.	Mar 7, 2012 5:18 AM
43	If a singer does not have proper posture or a correct body alignment while singing, the sound is not as good as it should be. Also, not having the proper posture or alignment promotes bad and lazy singing.	Mar 6, 2012 9:18 PM
44	In order to maximize efficiency and to produce as free a musical line as possible.	Mar 6, 2012 9:10 PM
45	Alignment affects both breathing and resonance. Poor alignment can create tension.	Mar 6, 2012 8:26 PM
46	Having a relaxed normal body positions helps to decrease any unnecessary tensions. It also allows for a more relaxed flow of air entering in and out of the body. Not to mention good posture is more attractive when performing:)	Mar 6, 2012 1:31 PM
47	Proper alignment is essential in minimizing tension and maximizing efficiency in vocal production.	Mar 6, 2012 11:49 AM
48	It is important to maintain proper posture in order to have proper laryngeal position.	Mar 6, 2012 8:23 AM
49	Proper body alignment is essential for breath management and freedom from negative tension.	Mar 6, 2012 8:13 AM
50	The body is the instrument and functions optimally when properly aligned for	Mar 5, 2012 10:20 PM

Page 3, Q7. Why do you think it is necessary to address a student's body/postural alignment for singing?

singing.

51	The alignment helps with breathing and relieving of tension in the body.	Mar 5, 2012 4:22 PM
52	students tend to enjoy bad posture when not singing, and many times when singing. Encouraging good posture at all times is recommended	Mar 5, 2012 4:13 PM
53	A poor body alignment inhibits the support mechanism and creates tension, which is then exhibited in the singing tone.	Mar 5, 2012 4:12 PM
54	Proper posture provides the singer the best opportunity for good breathing/ support.	Mar 5, 2012 4:10 PM

Page 3, Q11. Do you, as a singer, use any of the following methods for body/postural alignment yourself? Please check all that apply.

1	Body Mapping	Apr 19, 2012 7:19 PM
2	floor exercises	Apr 4, 2012 10:03 AM
3	I have things I do use but not from one specific discipline	Mar 30, 2012 10:21 AM
4	Body Mapping	Mar 29, 2012 10:34 PM
5	When I address issues, I don't specifically label them with the above titles.	Mar 25, 2012 5:17 AM
6	Chiropractic, massage therapy	Mar 24, 2012 10:44 PM
7	Pilates2Voice®	Mar 22, 2012 10:02 AM
8	I use voice science information and research regarding posture and breathing, taken from sources like Vennard and Sundberg.	Mar 20, 2012 9:50 AM
9	Linklater method, have a masseuse, work with a chiropractor on a weekly basis	Mar 20, 2012 7:28 AM
10	Ballet	Mar 15, 2012 10:44 PM
11	Tension/Release Exercises	Mar 9, 2012 7:38 PM
12	I use an intuitive form of Alexander Technique	Mar 9, 2012 10:17 AM
13	I have learned some things in 2 Alexander Tech. workshops, but am by no means an expert.	Mar 8, 2012 1:03 PM
14	I use what works for me on any given day.	Mar 5, 2012 10:20 PM

Page 3, Q12. Do you, as a teacher, use any of these body/postural alignment methods with your students, if yes, then which one(s)

1	Body Mapping. I use principles of AT and Feldenkrais, but as I am not certified to teach these methods, I do not	Apr 19, 2012 7:19 PM
2	supported leaning on an incline;singing flat on the floor	Apr 4, 2012 10:03 AM
3	I have things I do use but not from one specific discipline	Mar 30, 2012 10:21 AM
4	Body Mapping	Mar 29, 2012 10:34 PM
5	When I address issues, I don't specifically label them with the above titles.	Mar 25, 2012 5:17 AM
6	Pilates2Voice®	Mar 22, 2012 10:02 AM
7	I use voice science information and research regarding posture and breathing, taken from sources like Vennard and Sundberg.	Mar 20, 2012 9:50 AM
8	modified Linklater,	Mar 20, 2012 7:28 AM
9	My approach is loosely based on Alexander Technique.	Mar 16, 2012 5:13 AM
10	Yes and no: I am not an Alexander Teacher. Therefore my teaching is merely informed by what I know from years of lessons and observation. My teaching is informed by the Alexander T. and alignment.	Mar 14, 2012 8:47 AM
11	Tension/Release Exercises	Mar 9, 2012 7:38 PM
12	I teach an intuitive form of Alexander Technique	Mar 9, 2012 10:17 AM
13	My Alexander knowledge is very limited.	Mar 8, 2012 1:03 PM
14	The same as #11...I find each student has individual needs and do my best to tailor their alignment/posture to their particular needs.	Mar 5, 2012 10:20 PM
15	on occasion, depending on the student	Mar 5, 2012 4:13 PM

Page 3, Q14. Which, if any, of these methods have you used in lessons to encourage proper body/postural alignment, and why did you choose this particular method. If more than one method was used please explain your reasons.

1	Body Mapping is effective with almost all students, because it gives them information which allows them to effect change themselves. Although I use many principles and even some exercises from Alexander and Feldenkrais, as I haven't been through the official teacher training of either organization, I am always careful not to say I am teaching Alexander or Feldenkrais. I never do any of the hands-on work that characterizes both of those disciplines.	Apr 19, 2012 7:19 PM
2	What every singer needs to know about the body	Apr 19, 2012 7:53 AM
3	I often use yoga to help students relax and explore postural alignment.	Apr 12, 2012 6:48 AM
4	I am a certified yoga instructor. I also employ various ideas I glean from workshops, master classes, etc.	Apr 11, 2012 5:22 AM
5	I choose leaning on the piano on an incline with elbows bent, head,shoulders, butt, legs, heels in a straight line to encourage the sensation of the ribs expanding and the diaphragm activity.	Apr 4, 2012 10:03 AM
6	Yoga is the one that I, myself am most comfortable with. I find that the practice is restful and encourages all students. I feel that we should sing with our entire bodies, and yoga helps with this awareness.	Apr 3, 2012 10:57 AM
7	Alexander Technique primarily because it relaxes the student, especially when their is difficulty breathing and setting proper alignment. It provides a sense of peace and calm during a stressful lesson for the student. At home, I use the technique to better my alignment as well as practice posture and breathing. It also provides me with a sense of peace, serenity, and relaxation which prevents stress and agitation.	Apr 3, 2012 8:11 AM
8	Yoga	Mar 31, 2012 1:42 AM
9	What Every Singer Needs to Know about the Body by Malde, Allen, and Zeller. I appreciate the simplicity and accessibility of this text. The results are immediate and valuable. Very much worth my time with students.	Mar 29, 2012 10:34 PM
10	I would have to say that I knowingly employ those aspects of the Alexander Technique in which I have experience. I have found great freedom in my own singing through employing its use. Because every one of us has come through a myriad of voice teachers who come from their own diverse backgrounds, I am sure I have unknowingly used elements of Feldenkreis and pilates as well. Because of the diversity of students' body types and personalities, No ONE method will ever be the "best." Teachers have to be observant as to what methods work best in each individual student.	Mar 29, 2012 10:29 AM
11	My aim is to choose the approach that seems best suited to the student's physiological needs and psychological openness. Though I am not certified in either Alexander Technique or Feldenkraise Method, I have studied both. If the student's need is beyond my expertise, I will refer him/her to a qualified teacher. I also encourage the use of yoga or yoga-informed practices in many cases.	Mar 26, 2012 6:14 AM
12	While I don't use a method per se, I don't think my observations of a student's	Mar 25, 2012 1:10 PM

Page 3, Q14. Which, if any, of these methods have you used in lessons to encourage proper body/postural alignment, and why did you choose this particular method. If more than one method was used please explain your reasons.

	alignment wade into controversial territory. And I would be interested in learning more about all schools than the minimal exposure I have had through conferences, school, etc.	
13	AT and massage therapy for individuals with pervasive and chronic posture and body tension issues. Without assistance I saw no method by which I could provide voice instruction that would be of benefit.	Mar 24, 2012 10:44 PM
14	I've used Alexander more often than any, and usually to address some misconception/tension on the part of the student.	Mar 24, 2012 4:24 PM
15	I use AT because I found it has helped me own singing. I have taken several week-long courses in the method, as well as many private lessons. I found yoga to be helpful to my singing when I discovered it in grad school, and occasionally lead yoga class for my SNATS group. They all comment that it helps them, both in terms of mental focus and physical looseness.	Mar 24, 2012 10:17 AM
16	Yoga, pilates, and the Alexander technique are all wonderful ways to stretch the body and understand what the body is capable of doing. Alexander is much easier to use in lessons, while pilates and yoga are strongly considered outside of lesson time.	Mar 23, 2012 7:52 PM
17	I used Pilates2Voice® because it is a non-teacher dependent method (once learned without facilitation) and is specific for voice performance.	Mar 22, 2012 10:02 AM
18	I have had exposure to Yoga, Pilates, and Alexander Technique. I find that the research literature in the field of voice science provides information that is just as good, and has the advantage of being obtained through the scientific method .	Mar 20, 2012 9:50 AM
19	I integrate as many of these practices in my own singing and my teaching. I am trained in Somatic Voicework (tm), and a fundamental principle is singing with the whole body. The body must be flexible so that the 3 aspects of singing (respiration, phonation & resonance) can function as efficiently as possible. Getting the body flexible is imperative in functional voice training, which I specialize in.	Mar 20, 2012 7:28 AM
20	I occasionally mention the benefits of yoga to some of my students, and encourage the practice. In some instances I've shown them a couple of poses.	Mar 20, 2012 7:06 AM
21	Recommendation depends on the needs of individual student.	Mar 15, 2012 10:44 PM
22	N/A	Mar 14, 2012 12:18 PM
23	I have tried Pilates, Alexander, Feldenkrais, and Yoga. I have a unique (previously injured and clinically loose jointed) body. Therefore, what applies to me may not apply to others. But: 1) I got injured in Feldenkrais class: too proactive for someone with active injuries. 2) Yoga is NOT ideal for one as loose jointed as I. 3) I loved Pilates but did injure myself there eventually. I don't think of it as a body/ alignment method, but rather a core strengthening and specific kind of fitness--although I can see how some would see it that way. 4) Alexander is as close to a pure mind-body method for dealing with alignment that I know of,	Mar 14, 2012 8:47 AM

Page 3, Q14. Which, if any, of these methods have you used in lessons to encourage proper body/postural alignment, and why did you choose this particular method. If more than one method was used please explain your reasons.

	and therefore most suitable to my set of challenges. There are different kinds of Alexander T. and some are less appropriate for me than others. Some are more proactive; others more mind-body. Like everything else, one must research teachers.	
24	Alexander Technique. I believe it lines the body up in a natural, gentle way that is student-controlled.	Mar 14, 2012 6:19 AM
25	I use Alexander Technique a lot because of its emphasis on balance of muscle groups.	Mar 13, 2012 12:54 PM
26	I primarily refer to yoga, but specifically in terms of body awareness and alignment.	Mar 13, 2012 6:27 AM
27	I use Alexander Techniques and Tension/Release exercises, which have been introduced to me by the work of Wesley Balk. I use a combination of these techniques and in many ways they address similar issues. I am not a big fan of yoga or pilates myself, however, I do encourage my students to participate in these types of exercises. Many of my colleagues have found great success in increasing breath control as well as a means for coping with Performance Anxiety.	Mar 9, 2012 7:38 PM
28	I use Alexander Technique the most because it is the method that I am most comfortable with. I also find it gives good results with singers as it is easy to understand.	Mar 9, 2012 10:12 AM
29	Alexander Technique to open and relax the chest and connect breath in a completely relaxed state. This helps the singer connect natural voice production with singing.	Mar 9, 2012 9:20 AM
30	I have had the opportunity to attend 2 Alexander Technique workshops, and have used some of the methods introduced in those classes. However, since my experience is so limited, I do not consider myself an "Alexander" teacher.	Mar 8, 2012 1:03 PM
31	n/a	Mar 7, 2012 2:08 PM
32	I sometimes refer to Alexander Technique when teaching my students. I'm more likely to discuss the concept with more advanced students, but all of my postural teaching is informed by Alexander Technique. I also teach the downward dog pose to most of my students and call upon yoga breathing techniques when appropriate.	Mar 7, 2012 10:41 AM
33	The most common ones I use are the Alexander Technique 'active rest' to show students an easy low breath and free neck position, and boat pose in yoga, as they are unable to lock abdominal muscles and push out their air to sing in this position.	Mar 7, 2012 5:18 AM
34	I utilize yoga positions at times to free the body and to bring attention to centering the core while singing. Alexander technique is discussed in other settings such as vocal pedagogy.	Mar 6, 2012 9:10 PM
35	I believe Alexander can be helpful, and for some Feldenkrais is too. I'm not a fan	Mar 6, 2012 8:26 PM

Page 3, Q14. Which, if any, of these methods have you used in lessons to encourage proper body/postural alignment, and why did you choose this particular method. If more than one method was used please explain your reasons.

	of Pilates for singers, but I find that yoga is so complementary. It helps so many issues relevant to singers both physically and mentally.	
36	I speak about Alexander Technique in lessons and encourage students to explore this with a certified teacher. I also encourage students to improve their core strength through yoga and pilates.	Mar 6, 2012 11:49 AM
37	I have used the Alexander Technique because it allows the body to relax while being aligned and allows freedom of movement.	Mar 6, 2012 8:23 AM
38	N/A	Mar 6, 2012 8:13 AM
39	Alexander technique, because it has worked for me.	Mar 5, 2012 10:20 PM
40	Alexander	Mar 5, 2012 4:13 PM
41	I've taken yoga classes off and on for the last four years. I love the emphasis on the breath and I also found great improvements in my posture. While yoga breathing is not necessarily the kind of breath we want as singers, I think it helps singers to be more in touch with their breath. What I use with my students are posture techniques. Recently, I've been using warrior 1 and warrior 2 to work on posture and alignment. Before doing each pose I have my students raise and stiffen their shoulders like a hot dog, take a deep breath and release their shoulders. I think this makes them aware at how tense they can be. Then, I have them do warrior 1 for five slow breath in and out, followed by warrior 2. Not only does this helping with breathing and posture, but it's very relaxing, I've found this is helpful to do before vocalizing.	Mar 5, 2012 4:10 PM

Page 4, Q16. Why do you think it is necessary to address a student's body awareness while he/she is singing or during lessons?

1	I deal mostly with beginning singers and most of them have no idea what is going with their body while they are singing so I think it is useful for them to be able to identify and also open up a dialogue with me about what is happening during their singing	Apr 22, 2012 8:43 PM
2	I find many students simply are not present to themselves as they sing. Who could play a cello while actively ignoring it? The body is the means whereby we achieve what our minds direct--we must be in relationship with it.	Apr 19, 2012 7:23 PM
3	Singing is a kinesthetic experience based on balance and coordination. If the body is out of alignment this balance is not possible. The voice is then robbed of freedom, range, and beauty.	Apr 19, 2012 7:56 AM
4	Postural alignment affects breathing and laryngeal position.	Apr 12, 2012 6:50 AM
5	Same as above.	Apr 11, 2012 5:24 AM
6	Singing is all about awareness. An efficiently coordinating system is required to find breath and vocal release. Kinesthetic understanding is very important.	Apr 10, 2012 7:16 PM
7	Singers rely on an instrument that is a part of themselves, not outside of themselves. That instrument is subject to the emotional state of the individual, the physical state, the spiritual state, etc. A student needs to know how and where to feel tones produced.	Apr 4, 2012 10:08 AM
8	I feel that singing requires involvement of the whole body, not just the abdomen or throat, but every muscle.	Apr 3, 2012 10:59 AM
9	It keeps the student engaged, as well as preserves confidence. It takes time, but confidence leads to a successful lesson and subsequent performance without feeling insecure or stressed. It makes the student more aware of what he/she is doing in regards to support.	Apr 3, 2012 8:15 AM
10	The body is what carries out the task of singing	Mar 31, 2012 1:44 AM
11	Students have hidden tension and under-energized movement in their vocal production, and are often unaware of the fact. Or they believe what they are doing works when it is actually detracting from their desired result.	Mar 29, 2012 10:36 PM
12	Unlike others who play a physical instrument that exists outside their body, a singer's instrument is also tied up in their self-worth many times. An awareness and comfort with a singer's body is paramount to their ability to truly have a fully connected and visceral quality to their singing.	Mar 29, 2012 10:32 AM
13	Awareness is a key to learning. As noted above, the position of the instrument and the player are critical elements in singing.	Mar 26, 2012 6:17 AM
14	Absolutely.	Mar 25, 2012 1:11 PM
15	Again, in my opinion, everything works together for proper breathing and singing techniques.	Mar 25, 2012 5:19 AM
16	Students are focusing on so many different areas at once when learning their	Mar 24, 2012 4:26 PM

Page 4, Q16. Why do you think it is necessary to address a student's body awareness while he/she is singing or during lessons?

	technique and repertoire, it's important to bring their awareness back to their body alignment frequently.	
17	Often, young singers don't have much awareness of what is actually happening in their bodies. The following question is hard to answer, because some young singers have a keen awareness and efficient body use, and some don't. The same applies to older singers. I tailor my work to their needs, so checking a box is not entirely accurate.	Mar 24, 2012 10:19 AM
18	Presentation while performing, can not receive proper breath is the body is not aligned, etc.	Mar 23, 2012 7:53 PM
19	Yes, because sometimes optimal posture does not feel 'comfortable'. A student needs to become 'comfortable' with what is good posture for healthy voice production. It also reduced potential overuse injury.	Mar 22, 2012 10:05 AM
20	Because it effects overall technique and sound.	Mar 20, 2012 9:58 AM
21	explained above	Mar 20, 2012 7:30 AM
22	Body alignment and posture is related to body awareness. They must first become aware of what they're doing in order to make positive adjustments.	Mar 20, 2012 7:09 AM
23	Because, as someone once told me, "It aint real till you feel." I believe the students shouldn't rely too heavily on their aural perception because their perception of their own vocal sound will be different in various singing venues with different acoustics. Therefore, it is very important that they begin to recognize the feelings of airflow and pressure associated with good support, the vibrations and energy in the mouth, pharynx and mask associated with good resonance, etc.	Mar 16, 2012 5:18 AM
24	Students detach from their bodies when singing.	Mar 15, 2012 10:47 PM
25	As singer's, I believe we are always striving toward making the technical aspects of singing as simple as possible so that we can be as expressive as necessary within a particular piece. Therefore, bringing about an awareness of the body while singing can help the singer to free themselves from undesired tension.	Mar 14, 2012 12:22 PM
26	1) Use informs sound--the body is our instrument. 2) We are singing actors, particularly if we sing opera. Our bodies need to be able to respond freely. 3) How we look when we stand and sing in concert or on stage does affect our success.	Mar 14, 2012 8:49 AM
27	Students need to know intimately their habits with their body so that they are able to keep the good ones and change the bad ones. Body awareness is the key to relaxed and effortless singing.	Mar 14, 2012 6:19 AM
28	The whole instrument is connected.	Mar 13, 2012 12:55 PM
29	If a student is not fully aware of their body and body alignment, their voice will not reach the full potential. Breath, resonance, and vocal color can all be negatively affected if body alignment is not discussed and understood.	Mar 13, 2012 6:29 AM

Page 4, Q16. Why do you think it is necessary to address a student's body awareness while he/she is singing or during lessons?

30	It is important to address the student's body awareness during lessons so that he/she can develop an awareness of his/her own.	Mar 10, 2012 10:02 AM
31	It is important because more often than not body awareness is the first step in changing or adjusting a bad vocal habit. Muscles get into to bad habits and making a student aware of a tension or posture issue can be the key that unlocks the voice.	Mar 9, 2012 7:42 PM
32	Body awareness is integral to healthy vocal production.	Mar 9, 2012 10:18 AM
33	Singing is a physical act and therefore a singer must always be aware of their body.	Mar 9, 2012 10:13 AM
34	So they are aware of tension issues or habits when not in lessons as I only see them 1 hour a week. The rest of that week is spent in their own practice so it is necessary they are aware of how their body is presented or the tensions throughout it.	Mar 9, 2012 9:24 AM
35	Besides the reason listed under "body alignment", being aware of how a one's body parts behave--and, in turn, being able to alter how those parts behave at will--improves one's ability to communicate effectively when singing. If one cannot sing well unless standing in a specific rigid position (or unless swaying, or unless pacing, ect.), they cannot embody diverse characters and moods. If one is unable to shape their lips and tongue in unfamiliar ways, one cannot achieve clear diction, especially in foreign languages. If one is made aware of their habits, they can begin to experiment and become more flexible.	Mar 8, 2012 1:19 PM
36	I would very rarely address the issue, unless it were impeding vocal progress in some obvious way (which I have yet to encounter). Again, I find that too much focus on the physical mechanism creates more problems often than it's worth. That is not to say, however, that I do not advocate understanding of the physiognomy. I simply feel that it is more relevant to the pedagogue than to the singer in the early stages.	Mar 7, 2012 2:14 PM
37	The student is the only one who can truly know what is going on with his or her body. As a teacher, I can guide what I see outwardly, but the student must also be aware of the inward workings of his or her body. This is also necessary so that the student can practice healthily without the teacher's presence.	Mar 7, 2012 10:44 AM
38	I point out to students that if they 'schlump' or otherwise compromise a free easy stance they und up doing more work to breathe and sustain a line.	Mar 7, 2012 5:19 AM
39	So the student/singer will be fully engaged in the learning process and lesson, both with his/her body and voice.	Mar 6, 2012 9:19 PM
40	The body is the instrument, not just the larynx and resonators. Being aware of movements or positions that interrupt or inhibit a freely spun line helps the student with endurance and efficiency.	Mar 6, 2012 9:12 PM
41	A keen kinesthetic sense is essential to be an excellent technician.	Mar 6, 2012 8:28 PM
42	It is necessary because tension in the body will result in tension in the voice.	Mar 6, 2012 8:26 AM

Page 4, Q16. Why do you think it is necessary to address a student's body awareness while he/she is singing or during lessons?

43	A singer must be aware of their body and the position they are singing in in order to avoid unnecessary tension and fatigue.	Mar 6, 2012 8:15 AM
44	Already answered...the body is the instrument.	Mar 5, 2012 10:22 PM
45	I believe that a good part of learning to sing is mechanical. Since good vocal habits become the basis on which to build a free and resonant sound, the student must be aware of his/her posture and the throat muscles.	Mar 5, 2012 4:25 PM
46	Most students are not aware of what they are doing when they singing. Bringing it to their attention helps them to consciously make changes and stop old habits.	Mar 5, 2012 4:24 PM
47	habits are acquired with constant reminders	Mar 5, 2012 4:19 PM
48	It is necessary to address body awareness, because the body needs to be engaged, yet relaxed while singing. This can be a difficult concept to teach and understand. I think more aware singers are of their bodies, the more likely they are to engage their posture and breathing aparatas while keeping the rest of the body relaxed.	Mar 5, 2012 4:15 PM

Page 4, Q19. Do you use any of the following as a body awareness methods yourself as a singer? Please check all that apply.

1	Fitzmaurice	Apr 12, 2012 6:50 AM
2	sensing where sound is felt/generated	Apr 4, 2012 10:08 AM
3	no specific method	Mar 25, 2012 5:19 AM
4	Pilates2Voice®	Mar 22, 2012 10:05 AM
5	I use biofeedback, visual feedback, and aural feedback.	Mar 20, 2012 9:58 AM
6	modified linklater, Joan Melton's exercises	Mar 20, 2012 7:30 AM
7	Ballet	Mar 15, 2012 10:47 PM
8	Wes Balk Tension and Release Method	Mar 9, 2012 7:42 PM
9	See previous answers.	Mar 8, 2012 1:19 PM
10	am aware of all -	Mar 5, 2012 4:19 PM

Page 4, Q20. Do you, as a teacher, use these any of these methods for body awareness with your students? If yes, then which one(s).

1	sensing where sound is felt/generated	Apr 4, 2012 10:08 AM
2	Pilates2Voice®	Mar 22, 2012 10:05 AM
3	I use biofeedback, visual feedback, and aural feedback.	Mar 20, 2012 9:58 AM
4	modified linklater, Joan Melton's exercises	Mar 20, 2012 7:30 AM
5	Ballet	Mar 15, 2012 10:47 PM
6	Wes Balk Tension and Release Method	Mar 9, 2012 7:42 PM

Page 4, Q22. Which, if any, of these methods have you used in lessons to encourage body awareness, and why did you choose this particular method. If more than one method was used please explain your reasons.

1	I'm confused by the term "alternative"--"alternative" to what? The reality of the body?	Apr 19, 2012 7:23 PM
2	I often use yoga to help singers relax and explore postural alignment.	Apr 12, 2012 6:50 AM
3	See answer above.	Apr 11, 2012 5:24 AM
4	It depends on the student's needs. Also, sometimes he or she will connect better to one approach than to another. I am looking for improved efficiency in functioning of body, breath and voice. I believe that to be achieved through mindfulness and release and use techniques to facilitate this. My approach does not adhere to any one method but is eclectic and grounded in my own extensive experience and training. It is not limited to that as I continue to read about, experience and develop new ways to achieve results faster and more effectively - but after all, we are all limited by our own states of knowledge at any time.	Apr 10, 2012 7:16 PM
5	alexander	Apr 4, 2012 10:02 PM
6	I use whatever works for an individual - to some, things come easily. Others find multiple routes are needed for understanding say, the "breath connection."	Apr 4, 2012 10:08 AM
7	I would like to incorporate yoga into the lesson setting, as well as incorporate yoga for myself. It is not only a form of exercise, but a form of relaxation and releasing the body of unnecessary tension.	Apr 3, 2012 8:15 AM
8	yoga	Mar 31, 2012 1:44 AM
9	I don't use a method but I work on body awareness from pelvis all the way up.	Mar 30, 2012 10:23 AM
10	As noted in the parallel answer above, I attempt to choose the information and means of awareness best suited to the needs of the student.	Mar 26, 2012 6:17 AM
11	Mainly, to bring an awareness of improper tensions.	Mar 24, 2012 4:26 PM
12	Yoga and AT: explained above. I also have brought in a physical trainer, who has given presentations on working out for young singers.	Mar 24, 2012 10:19 AM
13	Same answer as before.	Mar 23, 2012 7:53 PM
14	Pilates2Voice®. It is a non-teacher dependent method once a student learns it without facilitation. It is also a mind-body technique specific for Voice Performance.	Mar 22, 2012 10:05 AM
15	see previous answer about alignment; I find these two lines of questioning as identical in my teaching.	Mar 20, 2012 7:30 AM
16	Yoga, largely because it's what I'm most familiar with and because I have experienced the benefits first hand.	Mar 20, 2012 7:09 AM
17	I expose students to all of the methods and suggest students explore to determine validity for each for themselves.	Mar 15, 2012 10:47 PM
18	N/A	Mar 14, 2012 12:22 PM

Page 4, Q22. Which, if any, of these methods have you used in lessons to encourage body awareness, and why did you choose this particular method. If more than one method was used please explain your reasons.

19	I think this page just repeated.	Mar 14, 2012 8:49 AM
20	Alexander Technique. I chose this because in my personal experience it transformed me from an anxious singer who overused all her muscles in an effort to make a big, operatic sound to a more relaxed singer who is able to more efficiently use her natural singing processes to produce an authentic, compelling sound. The Technique also encourages me to be more playful and experimental in my approach to sound production.	Mar 14, 2012 6:19 AM
21	Yoga	Mar 13, 2012 6:29 AM
22	Alexander Technique helps you think about the way you use your body at all times, not just when you are singing.	Mar 9, 2012 10:13 AM
23	Alexander technique and yoga raise awareness of how one holds his/her muscles and breath.	Mar 9, 2012 9:24 AM
24	See previous answers.	Mar 8, 2012 1:19 PM
25	n/a	Mar 7, 2012 2:14 PM
26	I often link posture and awareness during a lesson, so typically my Alexander Technique exercises address both subjects.	Mar 7, 2012 10:44 AM
27	Yoga, again for the same reasons as stated earlier.	Mar 6, 2012 9:12 PM
28	Yoga really helps students have a sense of their frame and alignment and encourages uniting of body and mind, which automatically enhances body awareness.	Mar 6, 2012 8:28 PM
29	I have used Alexander Technique because it is easy to understand and it is easy to relate to issues that can cause problems with the voice.	Mar 6, 2012 8:26 AM
30	N/A	Mar 6, 2012 8:15 AM
31	Alexander technique...did I not already answer this question a couple of time? The instrument is the body.	Mar 5, 2012 10:22 PM
32	only when the student is interested in research and experimentation. I have found it difficult to include a constant method study in students, in that most are quite complex and require lengthy trial and error. I recommend that the interested study the methods, experiment and decide individually a preference.,	Mar 5, 2012 4:19 PM
33	I don't focus on body awareness as much as posture/alignment. Although, now that I'm taking the survey I see that as a disconnect. While I don't think that I would use yoga in my lesson to focus on body awareness, it is definitely something I could encourage my students to use for that purpose.	Mar 5, 2012 4:15 PM