

Singing

By Juliette O'Hea

I have always enjoyed singing. At school we made records (we are talking about the 70s), sang in concerts and managed to get on Songs of Praise! Over the years wherever I lived, I joined a choir or operatic society and performed in various shows.



One day a female Barbershop Chorus called Spinnaker Chorus came to my town and they sang acapella style (without sheet music) in four-part harmony. I listened and marvelled at the sound. Their faces expressed the passion of the song, their bodies swayed with the music and they stood tall. What fabulous postures they all had. To top it all, they really looked like they were enjoying themselves! I joined up immediately. That was 10 years ago.

Since joining Spinnaker Chorus (www.spinnakerchorus.co.uk) I have never looked back. At last, I was taught how to sing effectively. Using the mouth, larynx, facial muscles, rib cage and good posture, we are taught how to perfect the sound. Then in time to the music, and maintaining our posture, we move with the rhythm. The work out begins. For some of the songs choreographed moves increase the work out still further. We learn how to breathe, holding onto the breath throughout a phrase, then snatching a breath in unison at certain intervals. By the end of the song, the rib cage has moved to its limit and we are breathless from the aerobic nature of the exercise.

There have been articles written about singing and its positive effect on our physical and mental health. The release of endorphins certainly plays its part, the work out another. So too does being part of a group of people with the same passion. If you are thinking about singing in a choir or a chorus, it has to be worth a try. The physical, emotional and psychological benefits can be dazzling.



Juliette