

IHS &VR

The Institute
for Healthy
Singing &
Voice Research

Monday Nights in the IHS&VR Vocology Lab

Location: *The IHS&VR Vocology Lab*

Time: 6:30–7:45 PM

Group Fee: \$50 per person with a minimum class enrollment of 3

Private Consult: \$95

Enrollment Deadline: *Online enrollment must be completed at least 1 week before the scheduled session.*

Register here: <https://forms.gle/WpoJr214ETtre1k56> or scan the QR Code.



April 20, 2026 – The Aging Voice: Changes, Challenges, and Care

As the voice evolves across the lifespan, singers may experience changes in range, flexibility, breath coordination, and vocal stamina. This session will explore the physiological and acoustic characteristics of the aging voice, including hormonal influences, tissue changes, and respiratory considerations. Participants will learn practical strategies for maintaining vocal health and function, including targeted exercises, efficient vocal pacing, hydration, and when to seek medical or clinical support. Emphasis will be placed on supporting continued, healthy singing.

April 27, 2026 – Interpreting the International Phonetic Alphabet for Vocalists

The International Phonetic Alphabet (IPA) is a valuable tool for singers, providing a consistent way to approach pronunciation in multiple languages. This session will teach vocalists how to read and apply IPA symbols to their repertoire, improving diction and clarity in performance.

May 11, 2026: Singing with Endurance, Efficiency, and Ease

This class is designed to prepare the voice for sustained, demanding singing. Explore strategies for building vocal stamina, managing fatigue, and maintaining efficiency during long rehearsals or performances. Participants will work through practical exercises to support endurance while protecting vocal health.

June 15, 2026 – Understanding and Developing Your Unique Voice (Session 1)

This session will focus on identifying each singer's functional range and recognizing the characteristics of

efficient vocal production. Participants will explore range boundaries, registration patterns, and areas of ease or instability within the voice. Through guided vocal exercises and listening-based evaluation, singers will learn to distinguish between efficient and inefficient vocal behaviors, developing greater awareness of coordination, resonance, and vocal freedom as a foundation for consistent singing.

June 22, 2026 – Understanding and Developing Your Unique Voice (Session 2)

Building on Session 1, this session will explore stylistic choices, phrasing, and how singers can authentically express themselves while maintaining healthy vocal function.

July 6, 2026 – It's More than a Warm-Up: Prescriptive Exercise for the Voice

Warm-ups should be more than routine scales and sirens. This session will introduce prescriptive vocal exercises that target individual needs, whether for range expansion, vocal flexibility, or register balancing.

July 27, 2026 – Diction Efficiency for Singers

Articulation and clarity are critical for expressive singing, but overworking the tongue and jaw can lead to tension. This session will introduce fundamental diction techniques, addressing tongue placement and relaxation strategies to improve clarity and ease in singing.

September 7, 2026 – Principles and Practices of Private Voice Teaching: Building and Managing a Successful Voice Studio (Session 1)

Private voice teaching requires more than just vocal knowledge. It's about effective communication, lesson planning, and business management. This session will cover essential skills for structuring lessons, managing student expectations, and fostering a positive learning environment.

September 14, 2026 – Principles and Practices of Private Voice Teaching: First Do No Harm (Session 2)

Building on Session 1, this session will focus on the voice teacher's responsibility to support healthy, developmentally appropriate vocal training. Participants will explore age- and stage-related considerations, including working with adolescent, adult, and aging voices, and how to adapt instruction to meet individual needs. Emphasis will be placed on recognizing signs of vocal misuse, establishing appropriate expectations, and fostering a learning environment that prioritizes vocal health, functional development, and long-term sustainability. Teachers will leave with practical strategies for making informed pedagogical decisions that support each singer's unique stage of development.

September 28, 2026 – Interpreting the International Phonetic Alphabet for Vocalists

The International Phonetic Alphabet (IPA) is a valuable tool for singers, providing a consistent way to approach pronunciation in multiple languages. This session will teach vocalists how to read and apply IPA symbols to their repertoire, improving diction and clarity in performance.

October 12, 2026 – The Adolescent Female Changing Voice (Session 1)

Female adolescent singers undergo significant vocal changes that impact range, registration, and endurance. This session will explore the early stages of development, voice classification, and how teachers can support healthy vocalization during the transition.

October 19, 2026 – The Adolescent Female Changing Voice (Session 2)

Building on Session 1, this workshop will provide practical exercises, repertoire recommendations, and strategies for guiding young female singers through their vocal development.

November 9, 2026 – It's More than a Warm-Up: Prescriptive Exercise for the Voice

Warm-ups should be more than routine scales and sirens. This session will introduce prescriptive vocal exercises that target individual needs, whether for range expansion, vocal flexibility, or register balancing.

November 16, 2026: Singing with Endurance, Efficiency, and Ease

This class is designed to prepare the voice for sustained, demanding singing. Explore strategies for building vocal stamina, managing fatigue, and maintaining efficiency during long rehearsals or performances. Participants will work through practical exercises to support endurance while protecting vocal health.
