

# Beginner's Package: Content Overview

Take the first steps towards **MASTERING OVERTONE SINGING TECHNIQUE**: warm up your body and voice, then **SING AND HEAR** your first overtones! No experience with singing or playing an instrument? No problem, it will still work. The beginner's package is the ideal choice if:

- you're just **getting started**.
- you're at a higher level and want to take a **deep dive into the technical basics** of overtone singing, with a special focus on warm-up routine.

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## WARMING UP THE BODY

Get Started With Body Warmup Exercises!



1

## VIDEO 1

- ✓ Stream Or Download On Vimeo
- ✓ Duration: 23 Minutes

## WARMING UP THE VOICE

Continue With Vocal Warmup Exercises!



2

## VIDEO 2

- ✓ Stream Or Download On Vimeo
- ✓ Duration: 17 Minutes
- ✓ 3 Backing Tracks As MP3
- ✓ PDF With Book Recommendations

## OVERTONE SINGING BASICS

Start Your Journey In Overtone Singing!



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## VIDEO 3

- ✓ Stream Or Download On Vimeo
- ✓ Duration: 31 Minutes
- ✓ PDF With Music Recommendations

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As **EXTRA BONUS** You Also Receive:

## OVERTONE SINGING BACKING TRACKS

- Have Even Greater Fun Practicing Overtones With Backing Tracks!
- Sing Together With Anna-Maria
- Sing Alone With Playback

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## AUDIO FILES

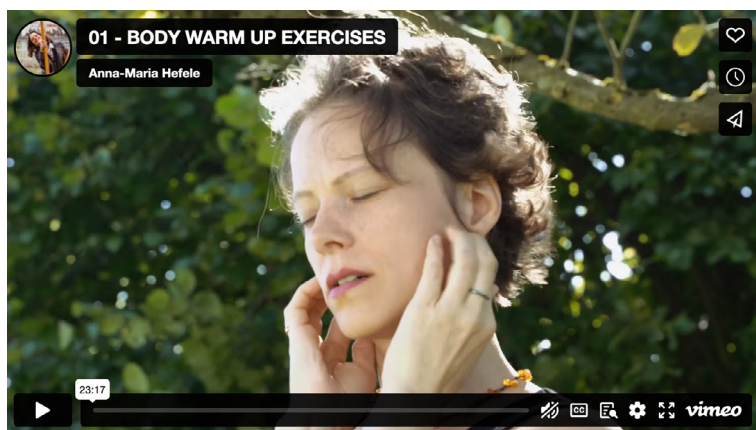
- ✓ MP3 Files For Download
- ✓ 9 Tracks In Total
- ✓ Suitable For Male & Female Voices
- ✓ Sing With Anna-Maria & Organ!
- ✓ Sing With Organ!
- ✓ Sing With Organ & Electronics!

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The following page contains a thorough description of the lessons.



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The **FIRST VIDEO** in the Beginners Package is all about **warming up** before you begin your singing practice! **Connect with your body, breath, and perception.** Singing requires precise coordination of different muscle groups in the body. By **beginning** your practice **with gentle, non-tiring physical exercises**, you can enhance your awareness of various muscles and movements, preparing them for future training. **Take a look at my favorite exercises - we can practice them together! :-)**

Your booking confirmation email contains all Download Links, Vimeo Links & Passwords.



The **SECOND TUTORIAL** atures my preferred **vocal warm-up exercises**, accompanied on the harp. Before engaging in more demanding vocal exercises, it's important to warm up your voice to **maintain a healthy and well-functioning singing voice.** Doing general singing and warmup exercises will **speed up your success** in overtone singing.

Moreover, the **audio files** of the vocal warmup exercises **with harp playback** can be downloaded for repeated practice. You'll also receive a **PDF** that includes **book recommendations** for warmups and healthy voice production.



The **THIRD TUTORIAL** is your **introduction to overtone singing**, providing the first lesson to get started with the technique. You'll be taught the **basic steps** with in-depth explanations on why they are crucial for building a strong foundation. I offer insight into common mistakes and suggest methods to prevent or resolve them. The aim of this lesson is for you to **sing overtones and recognize them** in your own voice, as you navigate vowel transitions and **master the "vowel-overtone-technique"**.

Moreover, you'll get a complete **Package of Audio Files and Backing Tracks**, including Anna-Maria's voice and a small organ, to help you **improve your overtone singing.** The Backing Tracks are available in 3 different pitches: high for female voices, low/high for female/male voices, and low for male voices. **You can sing overtones with Anna-Maria** on certain tracks, and there are also versions without her voice. Furthermore, there are even lengthier and serene backing tracks included, incorporating organ and electronics, so you can **fully explore the sound** and make **substantial advancements** in your vocal practice. Your booking confirmation contains all (Download-) Links & Passwords.

