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## Head, Throat and Jaw Work

Explore the facial muscles with very soft fingertips. Sliding tissue over the bones underneath the face. Cheek, lips, under cranium ... everywhere. Be explorative. Tend to pull the facial parts upwards to oppose gravity.

Make a 4 leaf clover with the four fingers leaving out the little finger. Place gently over eyes. Mostly contact with the orbit.

## Throat work

Swallowing muscles are also responsible for singing. Blood pressure is sometimes caused by the muscles in the neck restricting blood flow.

Yawning ... Throat Yawn ... let the mouth be only partly open only. The stretch penetrates deeply into the throat.

Encourage talking and constant feedback

If safe ... let head be right off table and support it ... Get Tutorial on this. Let head dangle and press on chest to support head. Use both sternum or cats paw. Pull back on table with feet.

## Summary of Jaw work

Standard set of neck moves, bungie traction

Make contact with face Explore mask

Play with face scalp and neck

return to neck

Vibrate around jaw and cheek bone and under cheek bone above teeth

Vibrate temples

return to neck

Vibrate under chin into tongue

Vibrate and lift jaw from hinge

Grip base of skull to lower cheek. Vibrate and bounce (Caution with Neck Issues)

Lower Jaw vibrate and roll jaw with one hand.

Two hand vibrate and articulate

## Trachea Vibrate

Hold trachea with one hand and rest forearm on sternum and vibrate throat while making sounds. Use two hands to vibrate sometimes.