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Take Singing Classes to Learn How to Sing by [Maria Gini](#)

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If you want to know how to learn to sing, the simplest way is to join singing classes. However you need to follow some don'ts for improving singing, apart from following a number of do's. Yes, you know you must avoid ice creams and cold drinks like the plague. Do you know that regardless of whether it is hot or cold you should also avoid tea and coffee too? Smoke inhalation as much as the nicotine damages the vocal chords making smoking another major no-no. Getting drenched in the rain will roughen your voice unless you can dry fast " which means that you need to keep an umbrella or raincoat handy.

One of the basics of how to learn to sing is not shouting. Apart from it being socially unacceptable, shouting can tear some of your vocal muscles and cause irreparable damage to your voice. It will bring on hoarseness making the sound of your voice rather gravelly. If you want your singing classes to work for you, don't cheat on your rest. Make sure that you keep regular hours as a routine measure and sleep adequately, since there is nothing more depressing than a tired voice.

Make sure you are not tied up in knots when you go for your singing classes. You have to learn to relax when you sing. Tension affects vocal quality making the notes come out a little flat or sound shaky or might even cause you to sound muted in a tune which demands a full-throated rendition. Here's how to learn to sing in a relaxed manner.

Breathe deeply and make sure you are upright whether you are seated or standing whether you are at the singing classes or in front of an audience. It is easier to sing standing. Square your shoulders without being stiff. Keep your feet firmly planted about a foot apart even if you are sitting. Trying some calming routine like breathing deeply or visualizing pleasant scenes is an essential trick when you learn how to sing. If you enjoy what you are singing, the pleasure will reflect in your voice and will help you connect with your audience better.

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