

Details for participants of the X-session at **VO Atlanta 2021** presented by **Sarah Weatherwax** on **Tuesday April 20, 2021, 11:45AM to 2:45PM EST.**

Participants, hello and welcome !

1. Have a few lines of **text** ready. Acting text is helpful, a very short piece from a play or movie, but you can work with any text you like. This 'marker' text will allow you to compare how your voice feels before and after the warm-up, and possibly before and after certain exercises. Be familiar with the text. Memorizing helps, but it is fine to have a copy with you to refer to. Best if the text is a hard copy, instead of electronic, so you do not have to navigate between devices or between tabs on one device...
2. In advance of the X-session, work out the **best place in your home** to participate, preferably a space where you can be alone and feel comfortable making noise.
3. Work out in advance the **best place to put your device for seated work, standing work and floor work.** For floor work and standing work, best is if I can see your entire body from the knees up, but do your best and we will work with what you've got. And for floor work, best is if you can see me on your device by simply tilting your head to the side, rather than lifting your head off the floor, as that will activate the neck muscles unnecessarily. When on the floor, you need enough space to have arms and legs outstretched without touching anything.
4. Have a **mat or blanket** nearby for floor work.
5. Have **water** nearby.
6. Wear **clothing that is flexible** and easy to move in, nothing restrictive, especially around the waist.
7. **Gentle yoga** stretches will be used in this X-session. Please honor your body. Feeling uncomfortable or finding something challenging is often a sign of positive change, but pain is not needed. If I ask you to do a stretch that you know your body can not do or you find painful, simply let me know and we can adjust.

Thank you ! I look forward to working with you :)

Sarah Weatherwax  
Actor/Designated Linklater Voice Teacher