

Tamara Beatty

OVERVIEW & BACKGROUND

What is a Foundation - And Why Does it Matter?

This video will go over the big picture behind this course in order to help you know how to go through it to get best results. Topics include:

-(@ 0:00) What is a Foundation? The 6 Pillars of Foundational Strength - What They Are and Why They Are Important for Singers

-(@ 0:53) The Training Triangle - Where Does Foundational Training Exist in Context to My Goal of Optimizing My Performance & Experience on Stage?

-(@2:14) What Happens When You Don't Have a Strong Foundation - What Are the Signs?

-(@3:18) Specifics on the Pillars of Foundational Strength - What Areas of the Voice do the 6 Pillars Build?

-(@ 4:54) Wrap Up!

This information will help you to have a context for your Training. When you've watched this video, you'll be ready to begin your Week 1 Training!

~Tamara

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