

# Lunch Card



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**Choir Affiliation:** Artistic Director,  
Pacific Youth Choir

**Video Title:** B.R.A.V.E.I.T. Warmup Sequence

## Lunch Break Content:

The B.R.A.V.E.I.T. warmup sequence offers a sequential, pedagogy-driven approach to building healthy, unified choral sound. It begins with Body & Breath Readiness, preparing the instrument through physical release, balanced alignment, and intentional airflow to establish freedom and energy in the tone. From there, singers engage in Resonance activation, using lip trills and voiced consonants to connect breath to vibration and develop consistent placement. Aligning Vowels focus on unifying tone across the ensemble, encouraging singers to feel and adjust vowel shape while maintaining core sound. Vocal Agility introduces flexibility through light, connected patterns that begin to navigate register shifts. Expansion safely extends range, reinforcing healthy phonation across registers. Independence builds individual musicianship through rounds and harmonic exercises, preparing singers for confident ensemble singing. Finally, Tuning refines intonation through active listening and tonal adjustment, resulting in a cohesive, vibrant choral sound.



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**Link to video:** [https://youtu.be/hvh\\_B0amDPQ](https://youtu.be/hvh_B0amDPQ)

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