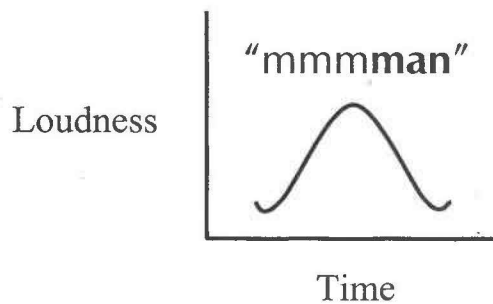


How to practice Slow Stretched Speech:

1. After taking a *Relaxed Breath*, you'll gently prolong the first stretchable sound of the word. Then you will slowly move through the rest of the word.
2. In addition, you're going to make a "bell curve" with your speech. That is: You'll start your voice very quietly...slowly get louder...and then gradually get quiet again.

If you could see it, it would look like this.



3. As you produce words in this way, *pay close attention to the physical feeling as you stretch your speech.*

Listen to the following models and then try using *Slow Stretched Speech* on these words:

mmmmay

lllloud

wwwwas

nnnnice

thhhat

jjjjob

yyyyear

rrrrug

zzzzoom

vvvvase

NOTES:
