

4. To see the difference between linking and not linking, say a few of the words listed in step 3 and ***purposefully stop and restart your voice*** between the syllables.

Feel how that's different from when you keep your voice going. Even if the gaps are only a split second long, your voice has stopped and that means you have to restart a new sound.

5. Now listen to the next models and then use *Linked Relaxation Rhythm* on each of the following phrases.

If you run out of air as you are speaking, simply stop wherever you need to and take a new *Relaxed Breath*.

mail the letter

very worthwhile

you're learning

run like the wind

eels are ugly

I'm always in

out of orbit

as I am

pack your bags

time for dinner

cities are busy

share the soup

6. For additional practice you can use *Linked Relaxation Rhythm* with the *Smooth Movement*, *Easy Voice*, and *Light Contact Phrases and Sentences* on pages 48–53.