



LAX VOX®

THE EXERCISE TO CARE
FOR, REGENERATE AND
TRAIN YOUR VOICE

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LAX VOX-The Original

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LAX VOX®

INSTRUCTION



You need a LAX VOX® tube and a container with water, e.g. the LAX VOX® bottle.



Fill the container one third full with water. Put the LAX VOX® tube into the water and place the other end in your mouth.



Assume a comfortable posture while sitting or standing. Make a voiced /OO/ on a relaxed pitch into the tube. The water starts to bubble and you feel the vibration.

Move the tube up and down in the water to find the tube depth, that most easily allows you to do the /OO/. Most people find a tube depth at the 2-3 markings on the LAX VOX® tube most comfortable.

Allow your cheeks to vibrate loosely. The tongue lies relaxed in the mouth. Your jaw is relaxed. Your Lips close completely around the tube. All air goes into the tube. Enjoy the pleasant vibration for 3-5 minutes.

Exercise options:

- LAX VOX® Basic: Laxvoxing on a relaxed pitch
- Try different pitches
- Make sliding tones: slowly go up and down with the voice
- Make short /OO/'s one after the other
- Laxvox voiced Melodies
- Speak into the tube



Take the tube out of your mouth after 3-5 minutes. Sing your song, speak your lyrics, make glides or short tones depending on your vocal goal. Your voice should feel softer, come out effortlessly and feel balanced. Practice like this 3-5 times a day for 3-5 minutes. If it doesn't feel good we'll help you. Any questions about why this is effective? We'll be happy to explain that to you.

At the LAX VOX® Institute we show you in individual coaching sessions, workshops, courses and video courses, the fundamentals behind LAX VOX® and how you can use it optimally for you and your clients. Visit us on www.laxvox-institute.eu/en

LAX VOX® PRODUCTS



The LAX VOX® tube

Material: 100% medical grade silicone
(free of harmful substances, platinum cross-linked,
biocompatible according to USP Class VI)
Dimensions: 35cm length, 1cm diameter, 2mm wall thickness.
Cleaning: Take the tube out of the water after use. Clean it
once a day, e.g. in the dishwasher at 70°C or boil it.



The markings

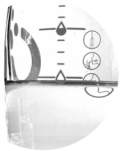
serve as visual orientation and help to adjust, control and
display the tube depth optimally for the respective voice
target.



The LAX VOX® bottle

is a Retap® bottle.

Material: shatterproof borosilicate glass, lid made of
thermoplastic elastomer (TPE)
Volume: 500 ml, height: 190 mm, circumference: 80 mm
(max.), weight: 202 g (with lid).



On one side of the bottle are icons,
that explain how to utilize LAX VOX® for different purposes.
On the other side are markers that indicate the tube depth and water fill
height. Use the first drop when regenerating the voice. Use the second
drop for voice training.



The LAX VOX® bag

is the perfect place to store your tube.

Material: cotton with water repellent coating, magnetic
snaps, handmade in Germany.
Cleaning: Wash at 30 °C, iron on level 2. Not suitable for the
dryer.



The LAX VOX® tube holder

made of foam holds the tube at the desired tube depth.
Make sure that it never completely closes off the neck of the
bottle, but only rests loosely.

Our products are produced in Germany.

You can find them individually and as practical sets on shop.laxvox.de/en

LAX VOX® BOOK

Gut gebrüllt, kleine Löwin

Wie Leni ihre Stimme wiederfand

The LAX VOX® children's book

Currently only available in German

This book, based on an idea by Thomas Lascheit, with texts by Stephanie A. Kruse and illustrations by Alin Golbs, tells the story of the little lioness Leni. She courageously jumps into an adventure and unfortunately loses her roar on the way. But thanks to a great idea from her friend Marketta Meise, Leni finds it again. ROOOAAAR, how is your roar? Do you want to know what Marketta Meise has invented?

This book playfully and lovingly opens the way to the subject of voice, invites you to join in and explains how LAX VOX® makes our roar loud and big.

For voice work with children and children-at-heart.



WORKSHOPS, COURSES, COACHINGS

LAX VOX® is a simple and effective exercise that helps you achieve your voice goals in a short time. At the LAX VOX® Institute, we will show you how to use LAX VOX® in voice therapy, breathing therapy, with children, in singing, in speech training, and in other areas of application with purpose. Learn to use LAX VOX® as a universal tool for your voice development instead of "just bubbling a bit".

We also train you to become a LAX VOX® Master Trainer. Learn everything we know and take your voicework to the next level.

We look forward to seeing you at the LAX VOX® Institute by S. A. Kruse.
www.laxvox-institute.eu/en





LAX VOX®

DÈ OEFENING OM JOUW STEM TE VERZORGEN, TE REGENEREREN EN TE TRAINEN

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