



Siren "recipe"

- Breath - let half your air out
- Tongue high as in "EE" (or out if instructed to do so)
- Nasalised on an "NG" as in SING
- Thyroid Tilt - Thin fold/Cry Quality - Dog whimper to trigger especially at the top of the Siren
- FVF Retraction - Silent giggle feel the lateral spread at the base of your tongue especially at the top of the Siren
- Anchoring as needed