

[1 x 1 of the voice](#)

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In this exercise, Karl Rarichs, long-time head of the Frankfurt Singakademie, summarizes his diverse experiences in the field of vocal formation in an easily comprehensible form. The offered singing, breathing and relaxation exercises are intended to serve the natural, healthy handling of the voice and to a sound singing To help. They are aimed at all learners and are ideal for daily self-study.