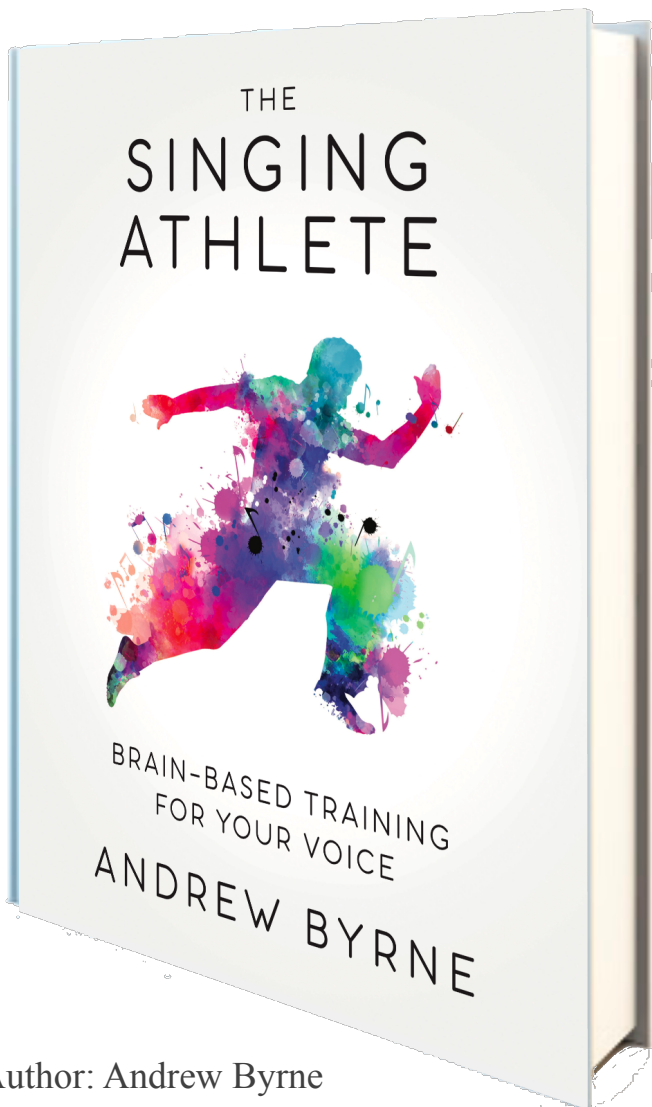


A new idea
in vocal
training



Author: Andrew Byrne

Category: Education

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Meet Andrew Byrne

Full Bio:

Andrew Byrne is the founder and author of *The Singing Athlete*, a training system that teaches singers how to use neuroscience and athletics to reach their vocal goals. Andrew's NYC studio is made up of professional musical theatre performers, and his students have been seen in over 75 Broadway shows. Andrew also has several Broadway credits himself, including the pit orchestra for *Les Misérables*.

Andrew has served on creative teams for The Sundance Theatre Lab, Yale Repertory Theatre, North Shore Musical Theatre, and many others. On television, he has worked as a vocal coach for *America's Got Talent* (NBC) and *Penny Dreadful: City of Angels* (Showtime).

Twice named NYC's favorite vocal coach in Backstage's Reader Choice Awards, Andrew travels the world to bring his brand of brain-focused training to singers across the globe. In 2016, he was appointed by the U.S. State Department as the first Arts Envoy to the nation of Belarus, where he led the inaugural Russian-language production of the Pulitzer-Prize-winning *Next to Normal*. Other international teaching assignments have taken him to Singapore, Switzerland, Denmark, France, China, and four times to Australia. In North America, Andrew has enjoyed four teaching residencies in Canada (including The Banff Centre) and served as guest faculty for the prestigious University of Michigan musical theatre department.

Andrew's side project is songwriting, where his work has been seen in feature films ([IMDB page](#)) and in prominent online sources such as Seth Rudetsky's "[Obsessed](#)" series. His [youtube channel](#) has over 700,000 views, and his parody of Heisler and Goldrich's "[Taylor the Latte Boy](#)" is his greatest hit.

Andrew is a master practitioner of [Z-Health](#), a program of functional applied neuroscience for athletic trainers.

Short Bio:

Andrew Byrne is the founder and author of *The Singing Athlete*, a system that trains vocalists through the lens of the brain and the body. His students have been seen in over 75 Broadway shows, on TV, and in feature films. Andrew travels the world to bring his brand of brain-based training to singers across the globe.

Website and Social Media:

Main site: andrewbyrne.com

Book website: thesingingathlete.com

Facebook: <https://www.facebook.com/andrewbyrnestudio/>

Instagram: [@singingathlete](https://www.instagram.com/singingathlete)



Meet The Singing Athlete

If you are a singer, you are an athlete. And the athletic skills that make you a great vocalist come from one source: your brain.

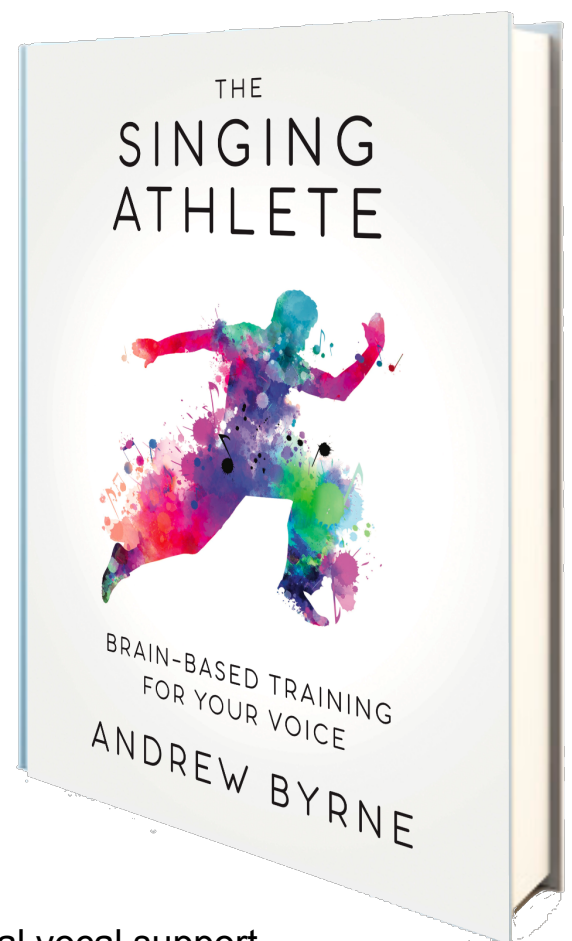
The Singing Athlete is the first book of its kind: a view on voice training through the lens of both the physical body and the nervous system. As one of the top teachers of professional Broadway performers, Andrew Byrne has developed a unique synthesis of athletics and neuroscience that will guide you to higher levels of performance.

In addition to his work on Broadway, Andrew has devoted himself to studying the training methods used by Olympic athletes as a Master Practitioner of Z-Health functional applied neuroscience. He has taken thousands of hours of research and boiled it down into an easily-digestible form that will help you unlock amazing new vocal skills.

When you buy *The Singing Athlete*, you're not just picking up a book. You're getting a complete training system. With your purchase, you get **lifetime access to *The Singing Athlete Video Guide***, a companion website that includes over 150 training videos. You'll learn the correct form for every drill, explore awesome bonus content, and download PDFs to track your progress.

Through the fully-illustrated book and the accompanying videos, you will learn to:

- Breathe correctly for stress reduction and optimal vocal support
- Exercise your tongue, jaw, and throat in ways that lower threat in your brain
- Use your ears and eyes to improve vocal range and stamina
- Heal any scars that might be holding you back
- Eliminate reflux, tinnitus, sinus problems, and other vocal stumbling blocks
- Move better, feel better, and sing better



What People Are Saying...

"I've turned to Andrew at many points in my career because he understands that there is no 'one size fits all' vocal toolkit. I have so valued the immediacy of Andrew's technique; he provides real, tactile exercises that I can do in mere minutes to prepare for my 'game.'

In a single lesson, the additional tools and skills I walk away with are invaluable.

Andrew creates one of the most efficient and yet extremely comfortable and trusting environments for a singer to explore and grow in. I cannot thank him enough."

-Erika Henningsen
Mean Girls (Cady Heron, original Broadway cast)



"Andrew is a vocal ninja and my savior!

He understands the demands of the performer and also the connection between the body and voice. He's helped me focus my sound and support in places within my range where I've had a constant struggle. He looks at how your body or your mind can be affecting the voice or holding you back. His studio almost feels like vocal pilates for the performer. It's incredible!"

-Marja Harmon
Hamilton (Angelica Schuyler)



"When I work with Andrew, I know I am in the hands of a one-of-a-kind expert.

His research and study have formed a specific and holistic approach to singing that is detailed and yet easily applied. He has found a recipe that connects the analytical with the physical, engaging the brain, the nervous system, and the whole body. I leave his studio with practical, innovative exercises that produce real results: even tone, greater vocal agility and ease, and a deepened connection to the material."

-Stanley Bahorek
Company Broadway revival



"There are some people who are born to be teachers. Andrew is one of those people. The lessons within this book are a revelation and are sure to leave an enormous and permanent mark on the entertainment industry. It has been a personal joy for me to watch Andrew go from affecting deep change in individuals to affecting masses. And while there is a tiny part of me that doesn't wish to share Andrew – my secret weapon – with the world; the world will certainly be better for having read and put into practice the contents of this book."

–Cecelia Ticktin
Wicked (Elphaba stand-by)



"Andrew Byrne is my national treasure. He is, in my opinion, THE vocal wizard.

His love of all things anatomical coupled with his unending knowledge of the voice makes him the most valuable tool a performer can have.

His approach is unlike any other voice teacher I've ever experienced. If his superior skill isn't enough, Andrew is one of the most supportive and thoughtful people on the planet, who goes out of his way to make sure that those he calls students are taken care of. It's because of working with Andrew that I made it to my Broadway debut."

–Stephen Scott Wormley
The Lion King (Simba u/s–Broadway)



"Andrew Byrne is a voice magician. He is the most intelligent and inspiring voice teacher I have ever studied with. His approach through the physical body and nervous system has transformed the way I sing and was essential for the success of my last Broadway role. Any singer or teacher of any level would gain a great deal from reading this book!"

–Marissa McGowan
Kiss Me Kate (Lili/Kate u/s–2019 Broadway revival)



"I'm an actor with no background in singing. Whenever I have a job that requires me to sing, I run to Andrew Byrne. Whether it's contemporary pop songs or old standards from the 1930s, Andrew knows exactly how to get me there.

He can work with a beginner like me as well as the most seasoned professional; his toolbox is infinite. Directors are always thrilled to have him, as he is extremely flexible and a creative problem solver. With hard work and Andrew's expert guidance, I've been able to develop skills that give me the confidence to stand up and sing, which is no small feat."

-Kerry Bishé

Penny Dreadful: City of Angels (Showtime), Halt and Catch Fire (AMC)



"Andrew Byrne has been my vocal coach for over a decade. Andrew's ability to pinpoint how to address a vocal challenge in a song, both physical and emotional, never ceases to amaze me. And his knowledge of the physiology of singing is unparalleled. He continues to add to his arsenal to help to bring the best sound quality out of his students. I am grateful and fortunate to be able to have sessions with Andrew to this day. You will greatly benefit from his expertise and care."

-Pearl Sun

Come From Away (Broadway)



"I have been taking lessons with Andrew Byrne for almost a decade, and there is no one like him. He is the most specific, educated, and clear voice teacher I have ever worked with. An hour with him is like months of training with anyone else. My work on a song before and after seeing Andrew is like night and day. He has an incredible way of drawing out my most authentic vocal interpretation of a song. Not only has he taught me about myself as a singer, but he has also taught me so much about specific areas in my body to target with relaxation or strengthening. To me, he is an amalgamation of a physical therapist, life coach, and superb vocal teacher. I'll never stop working with him!"

-Kayla Foster

The Deuce (HBO), Spring Awakening



Target Audience

Who Should Be Reading *The Singing Athlete?*

- Singers of all genres (musical theatre, pop, country, R&B, classical, folk, etc.)
- Singing teachers
- Voice and speech teachers
- Faculty of musical theatre programs
- Speech-language pathologists
- Choral singers
- College and high school performers
- People who sing for fun
- People who used to sing and want to recapture their love for it
- People who are interested in improving their health and their brains



Book Excerpt

An excerpt from Chapter 2: Brain Basics:

Think about the best singing experience of your life: it may have taken place in a performance, a voice lesson, or just driving around town. Can you remember the euphoria you felt when, suddenly, everything worked the way it should? This state of effortless flow is what you are seeking every time you open your mouth to sing.

And yet, no matter how vocally skilled you get, there are inevitably days when singing feels challenging. The issues you experience on a “bad voice day” may not be noticeable to those who hear you, but you’ll be aware that you’re not at the top of your game. If you know how well you can sing, why isn’t it perfect every time? The reason is simple: humans are survival-based organisms. Staying alive is more important than performing well. The majority of your brain doesn’t care if you can float a high C; it cares that you survive the attempt.

On a subconscious level, your brain is constantly assessing your environment for threatening signals. Is that person walking toward you friendly or crazy? Do you hear the sound of fireworks or gunshots? Are you smelling a cozy bonfire or a forest ablaze? These assessments occur in an ancient, reflexive part of your nervous system that we will call the *first brain*. This first brain, which includes the brainstem and the cerebellum, is always asking the question, “Is it safe?”

Let’s say you’ve been struggling to belt a high note without strain. One day, all the stars align, and it happens. When it finally comes out of your mouth, you’re not even sure how you got there, but you think, “Yes! I’ve figured this out!” The next day, you get up and vocalize, excited to go for the same phrase again. It cracks. You sing it again. It cracks again. You’re crestfallen; you can’t understand how your voice can be so inconsistent.

From a neural perspective, this inconsistency makes sense. The lion’s share of your brain isn’t interested in high-level performance. It’s invested in keeping you alive right this second, not tomorrow or twenty years from now. Depending on the health of your nervous system, your first brain may have even interpreted the novelty of your big, beautiful note as a threat. The next day, when you approached the same phrase, it may have impaired the coordination of your vocal folds to dissuade you from ever trying that freaky thing again.

So, what can you do about this? How do elite performers get around the brain’s survival mechanism to consistently sing their best? The first step is to understand threat and how the nervous system responds to it.

Interview Questions

Here are some possible interview questions about *The Singing Athlete*

1. What is brain-based voice training?	10. Your chapter on the tongue is quite extensive; why do you devote so much attention to it?
2. What are some examples how the brain is in charge of vocal production?	11. How can singers assess their noses and skulls, and why would they want to do this?
3. How can a singer know if their brain is improving or not?	12. What made you write a chapter on rehabbing scar tissue?
4. You say in the book that “Sensory Feeds Motor”. What does this mean?	13. How does training the balance system affect the voice?
5. What is the Sensory Triad, and how can a singer use that in their practice?	14. What are some of the best ways for singers to boost their immune systems?
6. What are some examples of good practice habits?	15. You have an extensive chapter on vision training. Why is this something that singers should do?
7. How does vocal style influence the use of the exercises in the book?	16. At the end of the book, you talk about performance anxiety. What are some good drills for performers who struggle with this?
8. You spend four chapters on breathing. Why do you think this is so important for singers to study?	17. You talk about parts of the brain that are reflexive; how can a singer train those areas?
9. If you could give everyone one breathing exercise, what would it be?	18. How can learning more about each lobe of the brain help a singer improve their voice?

Story Ideas for Reporters

Better immunity: Everyone is thinking about their immune systems at the moment. Can brain-based training improve immunity?

New training ideas for singers: What can I do when my vocal practice is stuck in a rut?

Parallels between sports and music: Basketball superstar Steph Curry uses vision and brain training to improve his game. Should singers be doing this too?

Breathing training for health: COVID-19 is a disease with a respiratory component. Can training your breathing help you be more healthy?

Core muscle training: Can proper breathing work help you build a stronger core?

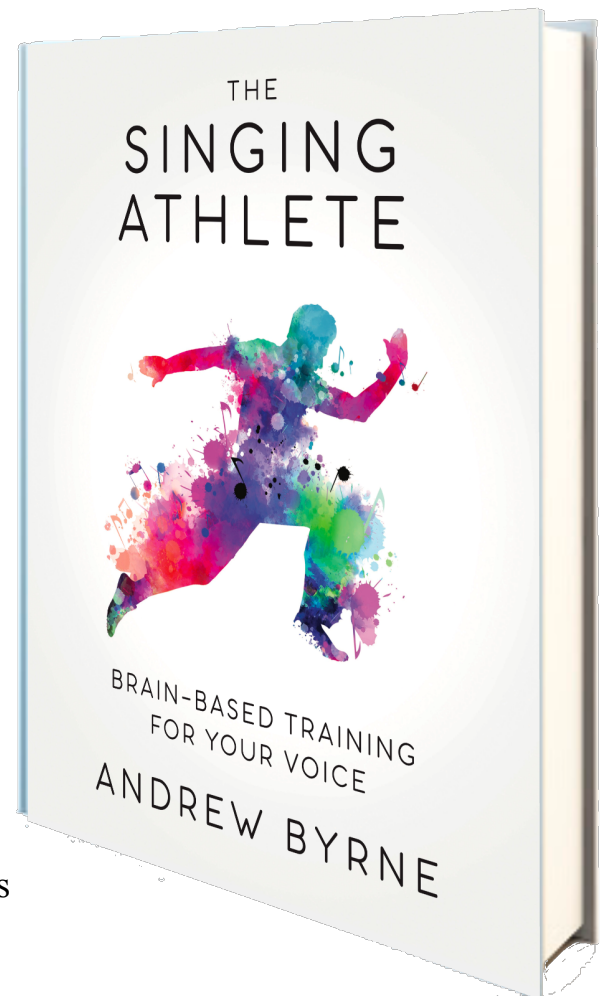
Improving eyesight: We're usually told that our eyes get worse as we get older. Is this necessarily true?

Aging more safely: One of the greatest threats as we age is falling. Can at-home balance training improve this sense?

Give yourself a brain physical: People are concerned with knowing how healthy their brains are. Can you give yourself a "brain physical" at home?

Getting over vocal stumbling blocks: Sometimes it feels like I practice my voice but I don't get any better. Why is that?

Improving "impossible" vocal goals: Can brain-based training help with things that seem impossible to fix, like singing better in tune or getting more vocal range?



Downloadable Photos

You will find a collection of downloadable photos at this link:

<https://www.dropbox.com/sh/3qg2hfj461fo8fz/AADqxrIO1nMUONVmMroXkabo?dl=0>

or

<https://thesingingathlete.com/photos>



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