

BREATHING EXERCISES

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Do these with a metronome at quarter note= 60.

Fill your lungs up from the bottom to the top. Breathe to expand your lungs, do not expand your lungs to breathe. Throughout all exercises in this book, **tension must be avoided.**

In 2 Out 2

In 4 Out 4

In 6 Out 6

In 8 Out 8

In 2 Hold 4 Out 2

In 4 Hold 4 Out 4

In 6 Hold 4 Out 6

In 8 Hold 4 Out 8

In 2 Out 2

In 2 Out 4

In 2 Out 6

In 2 Out 8

Some Tips:

- RELAX!
- Avoid raising your shoulders.
- Fill your lungs from the bottom to the top.
- Breathe from the corners of your mouth, not your nose.
- Make your breath as silent as possible, noise is resistance!
- INHALE= YAWN
- EXHALE=BLOW WIND!