

BREATHING EXERCISES

Dr. George Palton

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

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!

Strive for an even exchange from inhale to exhale

Use all of the time allotted to inhale.

Breathe in tempo.

INHALE= YAWN

EXHALE=BLOW WIND!