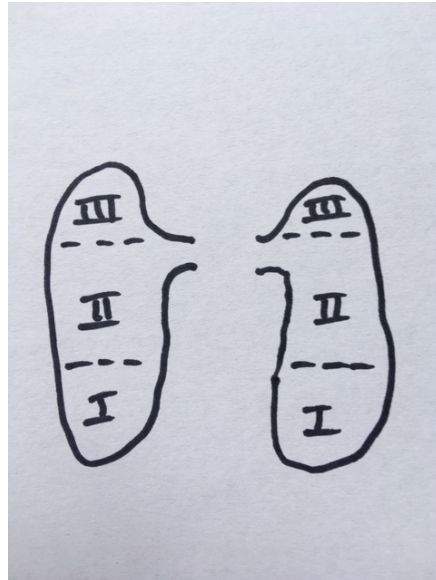


## Breathing Exercises:

>Build Capacity: In this picture of your lungs (see below), you fill in the lower portion first; then the second portion and then top off by filling the third portion... like filling a glass of water, from the bottom to the top. Learn this in slow steps, then combine them as one motion and work towards speed of breath.



>Build Air Control: Set a metronome to 80 beats per minute, breath in for 12 counts, hold for one count, then exhale for 12 counts. Then do 13 counts and so on.

>Keep your throat relax to avoid "gaspings" sounds when breathing in.

>You can always grab a small breath through the nose between notes if need be.

>Learn to breath in tempo with efficiency (see below).

