

## Breathing for Singing: Go with the flow

### EFFICIENT BREATHING

Body is physically balanced

Easy & Deep

Intake of air is silent

No visible muscle tension

Able to feel breath in the lower part of the body

Never stop breathing

### DIAPHRAGM AND LOW BREATH

- Diaphragm is a dome-shaped muscle
- Diaphragm contracts upon inhalation, it flattens and moves downward
- Movement of the diaphragm is a result of the movement of the lungs due to inhalation and exhalation.
- Consider the movement of inhalation more lateral spread, not an upward lift

### BREATHING EXERCISES

ex. 1 – one hand on belly, finger at mouth. Deep breath and slow exhalation observing movement of belly and diaphragm

ex. 2 – Tsssss exercise, FFF exercise, VVV exercise

ex. 3 – gentle slide on “vv”

ex. 4 – deep breath and blow out to 5 with round lips, inhale and increase to 10, etc...

ex. 5 – deep breath and count out loud on one pitch, increase number each time

### SUPPORT

- Consider inhalation a reflex of exhalation
- Abdominal muscles do engage for exhalation, but not with great tension
- Too much holding of the diaphragm or pushing action from abdominal muscles will result in a forced and tense sound
- Be aware that as abdominal muscles may engage, we don't want that tension to exert up into the neck and throat