

CLASS OBJECTIVES

- Develop a better understanding of how breath influences our sound.
- Learn about:
 - Breath Capacity
 - Breath Management
 - Breath for Resonance
 - Breath for Expressiveness

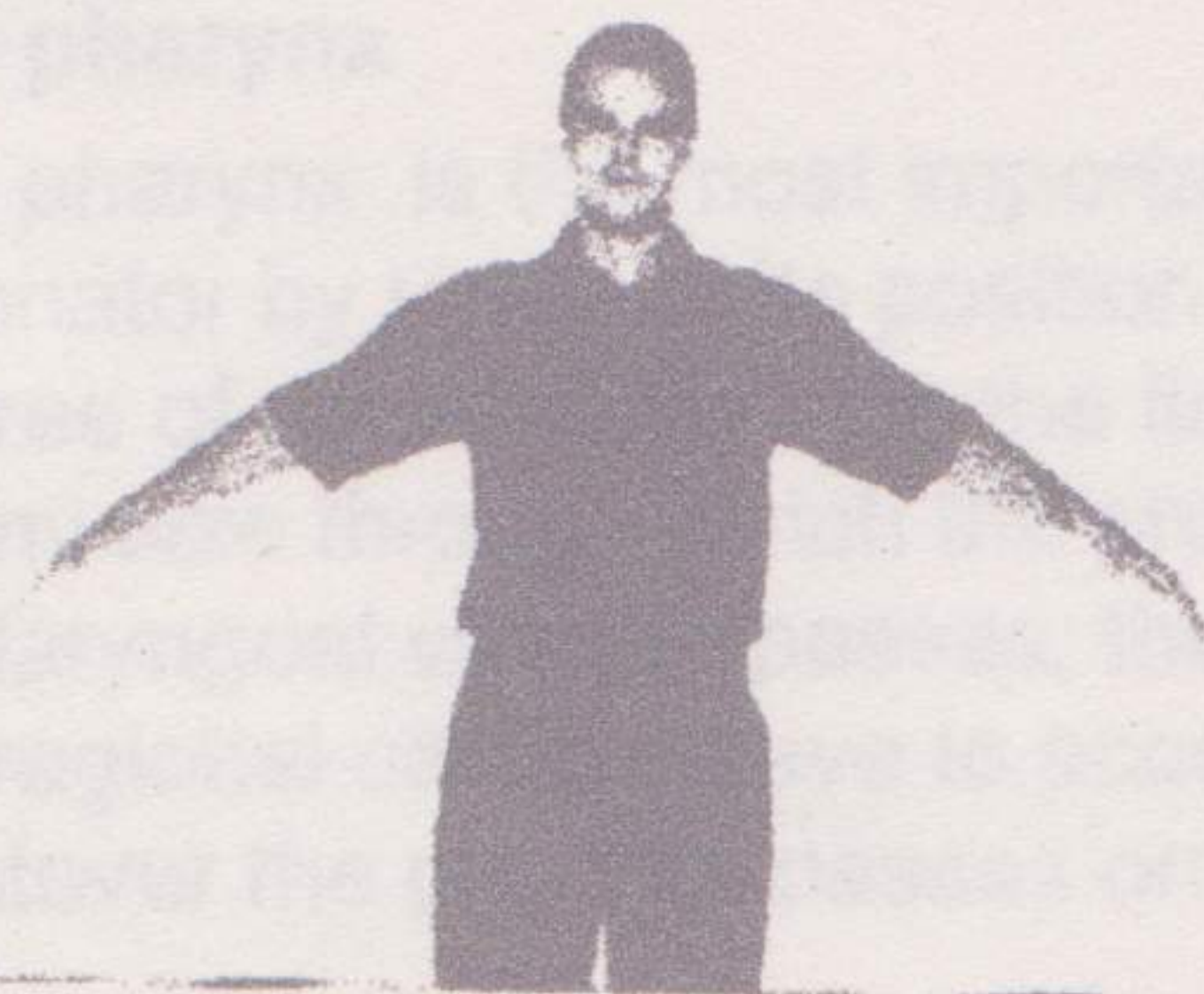
Farinelli--Raise arms to shoulder height inhaling gently for 8 counts



Inhale up to Eight.

Suspend the air for 8 counts

Pant lightly--Roll shoulders--Take a small breath--Pant lightly



Exhale on a His

Lower arms as you exhale



Arms to Side, Chest Raised

Extreme Breathing Exercise

Jaime Vendera

- Inhale through the nose 4 counts
- Exhale through the mouth 4 counts
 - Repeat 5 times
- Inhale through the nose 2 counts
- Exhale through the mouth 2 counts
 - Repeat 10 times
- Inhale through the nose 1 count
- Exhale through the mouth 1 count
 - Repeat 20 times

- Pant like a dog at least 40 times in a row, but you can pant for as long as you'd like. Then reverse the whole process for a warm down.

- Inhale through the mouth for 1 count
- Exhale through the mouth for 1 count
 - Repeat 20 times
- Inhale through the nose for 2 counts
- Exhale through the mouth for 2 counts
 - Repeat 10 times
- Inhale through the nose for 4 counts
- Exhale through the mouth for 4 counts
 - Repeat 5 times.
- RELAX!!