

## BREATHING EXERCISES

### “EXHALING SNAKE”

#### Exhaling, Singing Takes Controlled Extended Air Release Passing Through Your Vocal Cords.

*The next two exercises will help you to learn how to extend your breaths when exhaling.*

Air flow through your vocal cords must be consistent, power, range depends on it.

Most singers have the belief, especially beginners that they need to push the air out to reach higher notes. Doing so will cause tension in the muscles to build up. Not allowing the air to be released in a relaxed extended way when leaving the singer's body can result in your voice breaking cracking mid-note.

1. Place your hand on your stomach and take your breath in.
2. Close your teeth keep your tongue against your bottom teeth.
3. Release the smallest amount of air you can through your closed teeth.
4. Make a *tse* sound when releasing your air.
5. Keep practicing until you can make your breath last for 30 seconds or more.

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Repeat the above exercise 5 times, the greater the time you can make your relaxed exhalation extend over time the better.