

## BREATHING EXERCISES

### “THE STRAW”

#### **Breathing slow and steady.**

*This exercise is one of the best breathing techniques and will help you to take in air quietly and quickly without the breathy sounds of sucking in or gasping air when singing. You will also feel your body opening up as you take the air in.*

1. You'll need a straw for this exercise, Cut the straw down to 3 or 4 inches and place it in your mouth.
2. Take your breaths through the straw, making sure not to suck the air in. Feel how your body opens up as the air drops into your lungs. Remember not to raise your shoulders, puff out your chest or pull in your stomach.
3. Inhale for 3 slow counts and exhale for 3 slow counts. Repeat 5 times.
4. Inhale for 4 slow counts and exhale for 4 slow counts. Again repeat 5 times.

***What To Look Out For*** - When you are singing you want the air to drop into your body, sucking in your air can be a noisy business.

There are breathy singers who incorporate the breathy sound into their style/unique sound, but still, understand the correct breathing technique to take in breath quickly and silently.

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The above exercise will teach you to naturally take in the air without gasping. As you do the exercise you will notice how your body is moving. You want your ribs to open, sides and back to expand and your abs to release tension and drop.