

Breathing Explained

- ▶ Now lets look at gently increasing lung capacity and power.
- ▶ When you breathe in, keep your shoulders relaxed and let your stomach move, and if necessary it may pop out slightly as your lungs fill. Let that happen. Stay relaxed.
- ▶ When you breathe out, don't suck back in, instead support the open shape and use your core/ support to control the out breath.
- ▶ Try a few relaxed in and out breaths to get used to this sensation. The challenge is to keep the breath as natural as possible while maintaining control.
- ▶ The exercise below will help you strengthen your control and develop lung capacity.
- ▶ Using the same gentle lip roll shape, work on creating short controlled bursts on one note. (Imagine the sound of revving a motorbike - Listen to the audio clip for examples)
- ▶ Start with 10 strong and consistent bursts, all in one breath. Begin to add on, eventually aiming for around 30-40 lip rolls. Remember everyone is different and we all start somewhere! Don't push yourself at the start. Only go as far as is comfortable.

