

SING

T H E C O U R S E

Introduction To Module One

Breathing

Welcome to week one, where you'll learn how to breathe. Now, of course you know **HOW** to breathe, but I will be teaching you how to breathe when you SING. This type of breathing is called **Diaphragmatic Breathing**.

Over the next four short lessons, I'll teach you how to breathe deep into your lungs using this method of breathing, when to use both nasal and mouth breathing, and how to use this breathing method for a lifetime of health, relaxation, and well-being.

Let's Get Breathing!