

SING

T H E C O U R S E

Breathing Exercises

Now that you've connected to your *diaphragmatic breathing*, I want to give you some exercises to build, strengthen and support your core, as well as a new way of breathing.

But first a little science experiment!

CAROL FRAZIER

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THE TURKEY BASTER

Grab a turkey baster, and a glass of water from your kitchen for this exercise. Now imagine that the water represents **AIR**. The long cylinder of the baster represents your lungs and the bulb represents your diaphragm.

Now, squeeze the bulb tightly, and release, drawing up some water into the cylinder until its full. Do this a few times. Now this time, only empty part of the water out of the cylinder stopping half way... Now try to draw water into the cylinder. You can't, because you didn't completely empty the cylinder first.

This is exactly like your lungs and diaphragm. If you completely exhale all the air out of your lungs, then you'll be able to take a full inhale by automatically drawing the air back into your lungs. So, the trick to a full and fast inhale is: ***a complete and full exhale.***

Think about it, when you're singing, you don't have time to take a slow inhale. You have less than a second to draw air back into your lungs. But if you empty your lungs with each phrase, then you will create a vacuum of air drawing back into your lungs. It's as if gravity just pulls the air back in and it becomes effortless.

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For the next exercises, exhale completely before taking an inhale. This helps you get a correct diaphragmatic belly inhale, drawing the air down into your lungs before you exhale with a song.

HAPPY BIRTHDAY

So now, let's sing Happy Birthday while holding the turkey baster. and squeeze the bulb as you exhale completely on each phrase, using the 4, 2, and 1 breath method.

Sing Happy Birthday to You in 4 Breaths

Exhale Completely

Inhale - Exhale and Sing: *Happy Birthday to You*

Inhale - Exhale and Sing: *Happy Birthday dear You*

Inhale - Exhale and Sing: *Happy Birthday to You*

Now try exhaling slowly and sing the song in two breaths:

Exhale - Inhale - Exhale and Sing: *Happy Birthday to You, Happy Birthday to You* in 2 Breaths

Exhale and Sing: *Happy Birthday dear You, Happy Birthday to You*

Now exhale even slower while you sing doing it in one breath.

Exhale - Inhale - Exhale and Sing: *Happy Birthday to You, Happy Birthday to You, Happy Birthday Dear You, Happy Birthday to You.*

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THE PAPER TOWEL

This exercise is helpful if you are forgetting to diaphragm breath.

Place a roll of paper towels on your lower diaphragm and stand facing a wall, balancing the roll between you and the wall.

Inhale air in and expand your belly - this should push you away from the wall. Now exhale and your belly should contract in and up with the air while you are pulled closer to the wall.

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