



# BREATH AND BEYOND

*RYAN HELLER, MASTER DIRECTOR 700, PRIDE OF PORTLAND CHORUS*

# COURSE OBJECTIVES:

- IDENTIFY TYPES OF BREATHING
- IDENTIFY THE MOST EFFICIENT WAYS THE BODY CAN FUNCTION TO PRODUCE HEALTHY, AIR-DRIVEN SOUND
- IDENTIFY COMMON INHIBITORS TO OPTIMAL SINGERS' BREATH
- EXPLORE TECHNIQUES TO FACILITATE OPTIMAL INHALATION/EXHALATION
- EXPLORE THE EFFECTS OF HOW BREATH IS USED ON TONE, ENSEMBLE, AND PERFORMANCE

...AND BEYOND!!!!

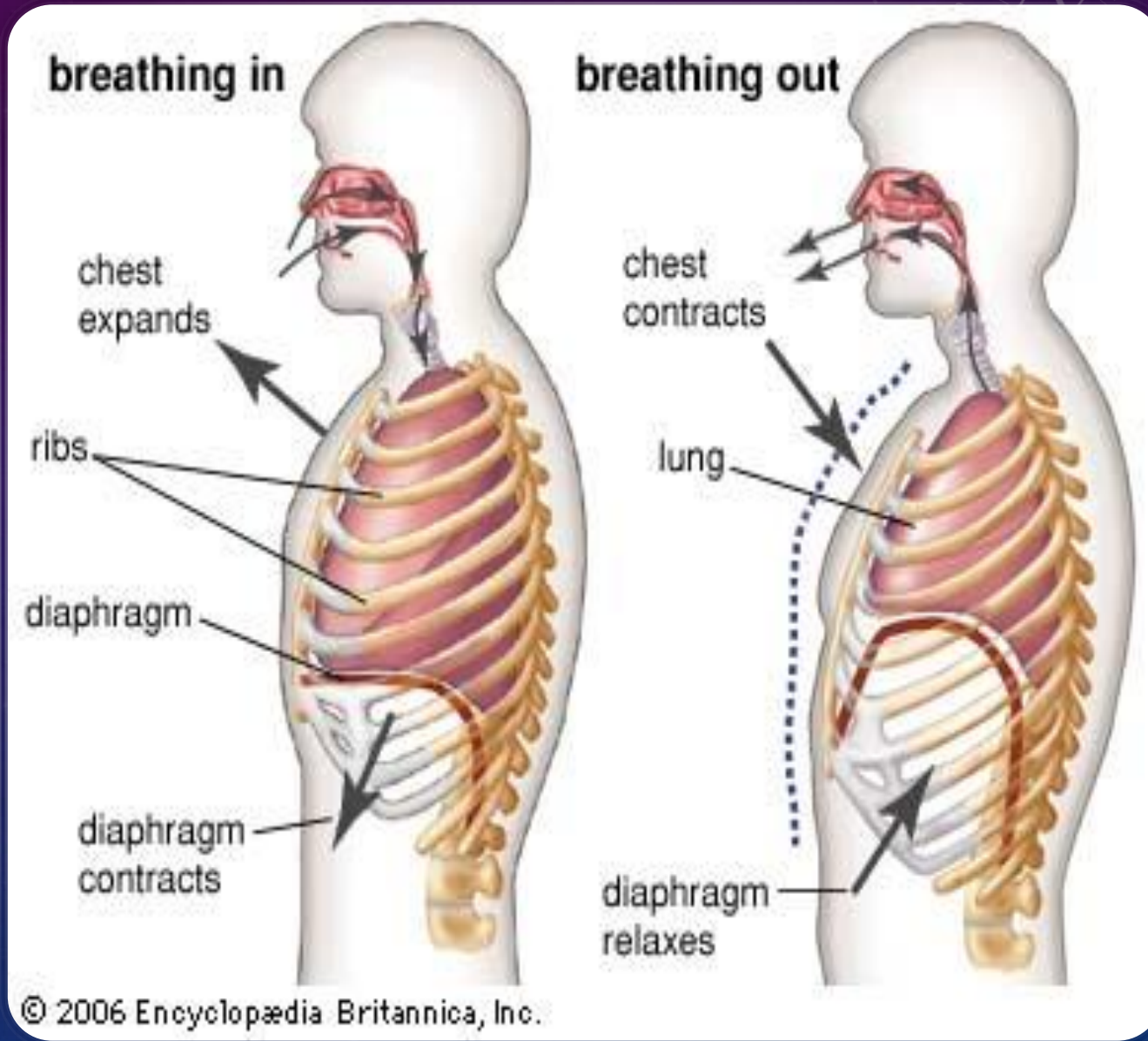
# Breathing to Sing:

- Importance of Posture/Alignment
- Shoulder and Chest breathing
- Abdominal breathing (upper and lower)
- Intercostal flex/resistance
- Silent and immediate
- Controlled, sustained exhalation
- No overfilling!
- No overworking (aka: Goodbye drop-lift!)
- No “bearing down!”

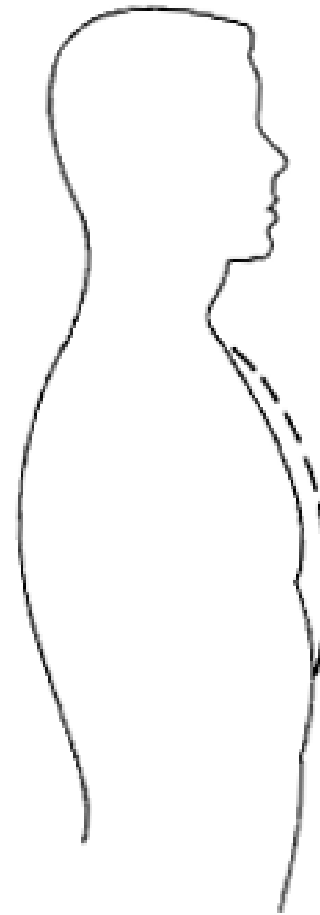


# DIAPHRAGM FUNCTION

- Inhalation = contracted, lowered
- Exhalation = relaxed, raised

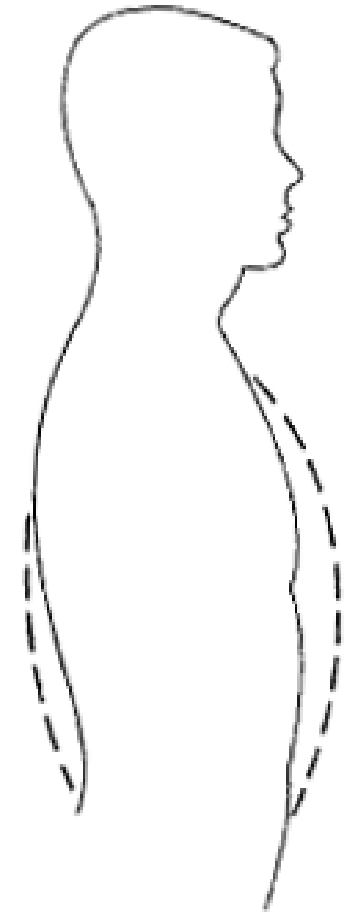


# CHEST VS. ABDOMINAL BREATHING



Chest breathing

VS



Diaphragmatic Breathing

# Breathing to Ring:

- Optimal Vocal Posture on *every breath*
- 3D Breath
- Above the onset note
- Hot air vs. cold air
- Sharing space
- Use your air...no need to save it!
- Front load vs. top load
- Invite your face to the party!

The background is a dark blue gradient with faint, light blue technical diagrams and circular patterns. These include concentric circles, dashed lines, and arrows, suggesting a scientific or engineering theme. The text is centered in a white, sans-serif font.

TENSION IS THE ENEMY!!!



# Blissful Bubbling!

- Relaxed, open throat
- Focuses tone in front of mouth
- Continuous airflow (moving air helps keep sound in motion)
- Continuous tone (no holes in air = no holes in the sound)
- Energized tone
- Can delight and astound your friends and neighbors!



“ The breath is the ocean, the voice is the boat which floats on the ocean! Nature gave us the voice, we cannot change it, but we can educate the breath and learn to control it. This constitutes the whole method of singing. ”

From *Vocal Wisdom*, G. Lamperti

HAPPY BREATHING!

