

BREATHING TIPS & REFLECTIONS

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- ** Breathing for singing is about MANAGEMENT, not lung capacity.
- ** Breathing well is about COORDINATION, not muscle.
- ** Tension is not your friend. It will interfere with free relaxed breathing and singing.
- ** SPACE is needed for air to get in and out. Get out of your own way. Establish the space req'd for the highest note to be sung, breathe in through that tall space.

Exercise 1: Sit, lean forward, elbows on knees. Exhale with no sound. Feel the relaxed throat.

Exhale on a sigh. Notice the relaxed throat, tummy goes in.

Exhale on a sung AH (1 note or a slide). Notice tone is supported by air.

Sit up, thumb under chin to remind brain to release tongue tension, repeat supported AH.

Exs 2: Bubbling, revving a motor on rrrr, vvvv, zzzz, - all hook up support to the sound. Open to AH.

(When bubbling causes irritating nose vibration, touch tip of nose)

Exs 3: Siren on any vowel sound or singable consonant (m, n, ng, l, r) – Use visual image to allow sound to stay consistent with space & air flow, noticing smooth connection between every mini-note . e.g. car driving up and down hills, elevator or wedding decoration of white tulle on head table.

Exs 4: Sliding 5ths X2 per breath (on AH to go up, EE for going lower) for breath connected to stretching range with FREEDOM. Lean over if you feel tension creeping in.

Exs 5: Duet SLOWLY on any favourite vowel sound: A = 8 - 7 - 8 - 5 - 6 - 7 - 8.

B = 1 - 2 - 3 ... - 4, 3 - 2 - 1.

** GLOTTAL ATTACKS and BREATHINESS are rarely used and only for effect!
(maybe once each in your whole repertoire!).

Personal Breaths in CHORUS SINGING:

Do what is necessary to sing well!

Different plan for quartet where plan is the same for all 4.

Where there is no planned chorus breath:

- Take a breath in the middle of a held note, but not when another part has a breath
- In an uptune, leave out a few unimportant words, (inside a phrase)
- NOT OK: Taking a breath between syllables will make you out of synch.
 - o midway in the phrase
 - o before last word or syllable of any line (ESPECIALLY the end of the song)

How to develop a PERSONAL PLAN: 1. Practice efficient mechanics away from rehearsal.

2. Sing the phrase to identify where you run out of supported sound, plan to take a breath BEFORE that. Leave out those words every time you sing the phrase. It is YOUR legit spot.

3. Be smart about your choices... volume, section mates, riser mates...

Breathing is about the music, not survival.

Breath should be connected to the passion. Convey the lyrics even when you are not singing.

VOLUME and INTENSITY are different. Intensity is always high. Volume varies with lyrics and chords

Support without throat tension ADDS SOUND.

THE HABITS YOU USE MOST... WIN!!! YOU be in charge.

Be kind to yourself. Learning to breathe for singing is a lifelong journey. Be patient but keep at it.