

#### Exercise #1

Lie on your back a hard surface and place a heavy book (i.e. a large textbook, phone directory or encyclopedia) on your diaphragm. Take a good deep breath filling up your lungs from the bottom up making sure the book rises with your inhalation. Slowly exhale controlling with your abdominal muscles the rate of air being exhaled. Do it four more times. Now, inhale, hold the book up for five counts and exhale the same way you did before. Do this four more times.

#### Exercise #2

Place your hands on your waist and inhale while lifting your arms at shoulder level. Hold for two counts, DON'T EXHALE YET! Inhale again lifting your hands over your head, hold for another two counts. Bring your arms down to shoulder level as you're exhaling, hold for two counts, now bring your arms down to your sides while exhaling the rest of the air. Repeat five times.

#### Exercise #3

With bent knees, bend at the waist and with relaxed neck and shoulders, let your head hang. Place your hands on your lower back and inhale making sure you feel a slight push against your hands. Now exhale pushing all the air out as fast as you can.

#### Exercise #4

Lying face down on the floor take a deep breath without allowing your chest to move. Feel how your stomach pushes against the floor as you inhale, control the exhalation with your oblique muscles, pushing from the sides.

#### Exercise #5

Wrap a belt, sash or rope around your waist, take a deep breath and tie the belt tightly. Slowly exhale maintaining the diaphragm low and the center abdominal muscles engaged so that the belt does not fall. When you are running out of air, bring in the oblique muscles to keep the air pressure and flow as even as possible.

#### Exercise #6

1 inhale -4 hold -2 exhale ratio. Start on the lower side say inhale for four counts, hold for sixteen and exhale for 8. I recommend you do this exercise with a metronome to keep it steady. This exercise might make you feel dizzy, if this happens, sit down, close your eyes and take slow, short breaths.

#### Exercise #7

This is a variation of the previous exercise. Inhale and hold as instructed above but exhale times four on a hiss.

#### Exercise #8

This exercise helps you control your breath. Light a candle and place it on a table. Sit with the candle about eight inches away from your face. Inhale deeply, keeping your chest and shoulders still. Exhale toward the flame, blowing gently so that the flame bends slightly but does not flicker or blow out. Continue steadily exhaling so a stream of air

bends the flame. Count how long you can bend the flame without it going out, aiming to increase the count over time.

#### Exercise #9

Place one hand on your sternum, exhale and collapse your body, bending over. Do not exhale, stand erect and then inhale. Restart the cycle and repeat five times.

#### Exercise #10

Exhale while clasping and raising your hands above your head. Inhale and feel the low expansion of your abdomen. Exhale on a hiss while dropping your hands to the sides, don't allow the chest to collapse.

#### Exercise #11

Exhale as you place your hands behind your head with elbows out. Inhale as you twist your waist like a windmill. Exhale and bring your elbows forward allowing them to touch. Spread the elbows as you inhale and repeat.

#### Exercise #12

Suck in air for six to eight counts and then exhale for six to eight counts like you would do to blow out a candle.

#### Exercise #13

Inhale and hold your breath while closing the glottis. Focus on the sensation you're feeling, your vocal folds are touching at this time. Exhale. Inhale again, hold your breath but this time, leave your glottis open. Exhale while sighing and add phonation on "oo" or "ah" halfway through.

#### Exercise #14

Inhale and exhale while saying two big "psst's" and one long "shhh".

#### Exercise #15

Place your hand in front of your nose and bring it down in front of you as you inhale, bring it back up as you slowly exhale. Do this exercise several times until you can match the rate of inhalation and exhalation to the movement of your hand.

#### Exercise #16

Take a business card or small piece of thin cardboard paper and place it in front of your mouth. Sing some sirens on "oo" keeping a steady air flow, this should make the business card buzz.

#### Exercise #17

Raise your arms to shoulder height while you inhale for eight counts. Make sure you keep your glottis open and pant lightly, then roll your shoulders in a circle front to back, inhale and pant again. Begin lowering your arms as you exhale hissing. On each repetition of this exercise end it with an exhalation on "zzzz" and then a slow, descending glide.