

Energizing Breath

The more one does and sees and feels, the more one is able to do... ~ Amelia Earhart

Here is a great breathing exercise for revitalizing your energy and building your articulation power too!

1. **Stand up** and place your **hands**, (palms) on your **belly**. Your place of breath power!
2. **While** taking a deep **inhalation**, fully open & extend your **arms**, now palms are facing out, (and be aware of your allowing for free arm movement and shoulders moving away from each other as they rest on your rocking ribs) as you open yourself to this wonderful breath. **Fill your lungs with vitalizing air !**
3. **Exhalation** is mimed by the hands, (Hands imitate whatever you do with your air) in short stopping movements, with short bursts of air from below the belly button. So, you will make **short bursts of air, low deep, powerful sounds, while returning your hands** back to their starting position and **releasing what is left of your air in a long exhalation.**
4. **Repeat going back to #1.**

To Start : 4 Counts Inhalation & 4 Counts Exhalation.

As you feel more comfortable **increase** the number of **counts** you are using.

Use this exercise: 1. At the beginning of your **articulation practice**. 2. Anytime you **feel tired** - before, during or after your practice. It will give you **more energy**.

More Ideas: There are many advanced practices of breathing that can be learned from Yoga, Tai Chi, Aikido, Vispasana, etc. Find what you enjoy and learn about it!

Listen: Kim Kashkashian, Viola **CD:** Solo Sonata, Hindemith **Look:** [See my Youtube video - Energizing Breath](#)

Swinging Ahhh Breath

Smile, breathe and go slowly. ~ Thich Nhat Hanh

Swinging Ahhh Breath is for the movement of your breath, body and instrument in a natural easy way. This was taught to me many years ago by the wonderful Carol Wincenc.

Standing in a easy balanced way, begin to **swing your arms** and bending **movement** in your **hips and knees**.

Forward arms is with **palms facing forward** and breathing is **exhaling**, like you are playing a long note. **Backward** swing is **palms back** and **inhalation** of air.

Repeat this 3 times and on the **4th** one make a **vocal sound of Ahhhhhhhh**, feeling a release of air and whole body. **It feels good to fill the whole room with breath and sound!**

What can we do but keep on breathing in and out, modest and willing, and in our places? ~ Mary Oliver

Next Step is to do this with your **instrument** in your hands. Notice how you are moving your arms. Are they free to move through your whole arm structure? Now repeat the process above and **instead** of the AHHHH sound you **play a note**. Do not fix anything when you play the note, just **allow yourself to just release air into your instrument in a natural way, filling the room with beautiful sound.**

Please see my Youtube video **Swinging Ahhh Breath** for visual demonstrations of these exercises.

Ahhh..... Enjoy!

More Ideas: Use breathing ideas to give you awareness, freedom.

Listen: Carol Wincenc, Flute **CD:** many! **Look:** [Carol Wincenc](#)