

## Finger Breaths

Just as our eyes need light in order to see, our minds need ideas in order to conceive. ~ Napoleon Hill

I learned **Finger Breaths** from Keith Underwood. These are great for **opening your breathing** and **creating movement in your whole body**. A lot of the magic in the **Finger Breath** is in the **suction, vacuum** you create by inhaling your air **on** your finger. Remember you are **inhaling** your air! I like to begin a **Finger Breath** by **exhaling** my air as I bring up my hand. (This **exhaling** of the air is the opposite of what we usually do when we bring the flute up to play.)

**To Begin** : Bring your **Index Finger Knuckle** to your mouth. **Vary** the hand you use.

**Inhale** your air, making a **Low**, slurping, sucking, vacuum like sound. **Listen to the Sound** of your breath.

**Remember** everything that you do is done like you are playing your instrument. Bring your hand to you just like you bring your instrument to you. Use your embouchure when you bring your knuckle to your mouth.

Check your body alignment. Notice everything you can. Are your tongue, neck and shoulder muscles free?

**Be aware of investigate & take notice of - What is moving and opening in your body?**

Here a a few ways of using **Finger Breaths**. **Play with the air** you have “**Finger Breathed**”.

1. Long and **low** fully opening inhale.
2. Long inhale **making movements** with the other hand or arm.
3. Long inhale with **vowel sounds**.
4. Long inhale- making **low to high and high to low** sounds.
5. Long inhalation, make the **shapes and sounds of the music** you are practicing.
6. Long inhale - with **articulations**.
7. Long inhale - practicing **Vibrato**.

**More Ideas:** Go to a wonderful Keith Underwood Class!

**Listen:** [Bobby McFerrin, Vocal](#)      **Look:** [www.keithflute.com](http://www.keithflute.com)

## Yoga Breath

Inhale, and God approaches you. Hold the inhalation, and God remains with you. Exhale, and you approach God. Hold the exhalation, and surrender to God. ~ Krishnamacharya

**This breathing exercise will help expand your lung capacity and increase the awareness of your breath. It will also increase the flexibility of your ribs and open your chest area.**

**quarter note = 60**

**4 = Exhale**

**4 = Hold (while empty)**

**4 = Inhale**

**4 = Contain Air**

**Repeat**

**The idea is to increase the counts each day or so. (5 = and 6 = etc.) The containing and holding is very important! It allows the body to get used to freely containing the breath.**

**To be done, and each time with a more refined awareness about your breath and body.**

**Notice, in great detail your neck and shoulder areas as you exhale, hold and inhale.**

**Listen for the sound that you are making with your breath.**

**Can you feel your breath on all sides of your body and moving through your throat, in your mouth and out your lips? How are you creating more freedom to open your body to take in more air as you increase the counts on this exercise? Take in “sips” of air through your nose or mouth, as you increase the amount and by sincerely practicing this exercise everyday!**

**Remember not to tense your body, but to ease into this & allow your body to contain more and more breath.**

**More Ideas:** Try some yoga classes & Pranayama... There are many wonderful styles to enjoy... **Listen & Look:** [Classical Indian Flute Music](#)