



Breathing Bag



Life is not measured by the number of breaths you take, but by the moments that take our breath away. ~ unknown

To Begin: Blow air in- (exhale into bag) and **take back your air back from the Breathing Bag.**


1. Fill bag gradually and consistently with air and breathe in the air in a flowing way.
2. Breath in for 4 counts (increase as able) and out for 4 counts. Quarter note @ 60
3. Use at the tempo of the music you are playing, try musical phrases on the bag.
4. Fill the bag slowly with air and then take back slowly and try a quick inhalation.
5. Also try while moving your body and or with a hand movement.
6. Practice your Vibrato on the bag.
7. Practice your Articulation on the bag.

A few things to check when using your breathing bag.

1. Head and Neck - Alignment - Lengthening - Softness
2. Jaw released (no chewing)
3. Movement of ribs.
4. Tongue - what is it doing?
5. Are your vocal folds open?
6. Is your whole body balanced?
7. How does what you are doing apply to your music?

Experiment with using your breathing bag during your practice sessions as well as a way to begin & end your practice time.

Why Breathing Bag? You can See your Breath! It gives you a way to visualize the invisible - your breath. Helps stabilize your air, slow it down, so you do not over blow. Expands your breath capacity. Helps with the flow and ease of your breath, ribs, body. Is calming and relaxing.

 **NERVES???** This is a **GREAT TOOL** to use when you are nervous / energized! it will return you to your normal balance of carbon dioxide and oxygen- which you do NOT have when you are nervous. So, breathe for about as long as you have been feeling nervous, in and out of your **Breathing Bag** to calm yourself before performing or auditioning. Give it a try it will help you!

More Ideas: Make your own breathing bag. **Look:** See my Youtube video, Create your own flute breathing bag.

Listen: Thomas Nyfenger, Flute <http://nyfenger.com/> **CD:** The Flutistry of Thomas Nyfenger



Flow Master

The voyage of discovery is not in seeking new landscapes but in having new eyes. ~ Marcel Proust

I call the breath builder the **Flow Master**. It is about **flow & movement** of your **air - float & flow**. It is an opener that effects the **breath, embouchure** and the **body**. It gives you information about the **ease** and **flow** of your inhalation & exhalation.

Use your **Flow Master** with **PLAY, EASE, CURIOSITY** and **AWARENESS**.

Here are few things you can do on ~ The Flow Master

Invent some of your own!

To Begin : blow in and take air back.

1. **Basic B.B.** ~ Begin in 2 ~ with 2 out and 2 in. Move up to more counts as you are able. ~ Do this to the tempo of your music ~ Conduct while you are breathing ~ Teacher can talk to the person while they are doing this, making suggestions ~ Raise your arm while breathing ~ Move your arm in a circle ~ Big wave motion ~ Vary hand that holds it.
2. **Practice Vibrato** ~ First straight tone for your counts and then add vibrato. ~ Keeping the air the SAME for both.
3. **Practice Articulation** ~ Same as above, straight then add the articulation. Helps free the tongue and throat muscles.
4. **Register Changes** ~ Using the holes, opening and closing them to simulate register changes.

Things to check when using your Flow Master- Breath Bulder

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7. How does what you are doing apply to your music?

More Ideas: Purchase one of your own! **Listen:** Israel Kamakawi'ole **CD:** IZ **Look:** Israel Kamakawi'ole: The Voice of Hawaii