

Gathering & Lengthening Breath

There is one way of breathing that is constricted.
Then, there's another way: a breath of love that takes
you all the way to infinity... ~ Rumi

The idea of this breath is to imitate how your spine gathers on the inhalation and lengthens on the exhalation. It is also about staying connected to your power source: your whole body dynamically in balance. First do this breath without your instrument. Later you can use it as a breath image while you are playing.

1. Palms of hand facing each other at navel. One of your power centers. Hand on bottom will remain there. Hand on top moves.
2. Gathering your energy and breath. Feel that these is an elastic band between your hands. Between your hands

there is a colorful, dynamic, alive ball of energy. (choose your color)

Gathering

3. Top hand stretches the imaginary elastic above your head and then on the *inhalation gathers* your air back to the starting place of a ball of energy between your hands at your belly. Feel this dynamic process. Notice how your whole body reacts.

Lengthening

4. On the *exhalation* top hand moves dynamically up above your head, *lengthening*. Feel this dynamic process. Stay energetically connected to the hand that is remaining at your belly. Notice your whole body too.

Repeat - Enjoy - Play

More Ideas: Invent some breathing exercises, be playful and curious about the wonder of breath, spine, AIR!

Listen: Jill Felber **CD:** All of her CD's

Look: [Jennifer Keeney's- gathering and lengthening breath](#)

Lips Together Breathing

For breath is life, and if you breathe well you will live long on earth. ~ Sanskrit Proverb

Lips Together Breathing is a technique that will help to restore the natural way our breath can enter into our lungs.

This also gives us time to **slow down** and **notice** where we may be holding, tensing and using extra effort that is not needed to breath and make music.

Use this for times when your breathing becomes labored, too loud, or when you are not able to take in the amount of air needed.

First practice this **without** your instrument. Begin with your **lips lightly together** and **wait** for your breath to enter and to fill your lungs.

Then **Sing or Say** a phrase of your music. At the end of the phrase again, lightly put your lips

together and **wait** for your breath to enter and to fill your lungs.

As you **repeat** this process, **observe** what lets go and how this may be different than what you may habitually do when you play your instrument.

The second part of **Lips Together Breathing** is to do this same process **with your instrument**.

Allow for the **ease of breathing** with the **least amount of effort required**.

As you are able to let go more you will be able to shorten the time you wait and observe.

Be **patient** and **observe** yourself and the **gift of breath**.

More Ideas: Experiment with new breathing ideas to give you awareness, ease and freedom to express the music and yourself.

Listen & Look: [Katherine Kemler, Flute](#) **CD:** [Lipstick & more](#)