# Breathing Exercises

Here are two exercises which will help you with breathing.

## Exercise 1

Stand in space in the room. Loosen up – shake hands, arms, legs, yawn, massage your jaw to get rid of any tension and stretch. Then find the neutral position (feet hip width apart, arms by your side), feel your posture and relax. Become aware of your breathing and then do the following while either standing or lying down:

1. Put your hands on your rib cage to feel breath.

2. Close your eyes and let your breath settle to its normal range.

3. Mentally count the length of your ‘in’ breath; now try to extend it by one count and sustain this new longer breath.

4. Keep your eyes closed and now count your ‘out’ breath; try to extend this by one count and sustain your breath.

Your ‘out’ breath is what you use to form your voice.

5. Extend by one count twice more, both on the in and the out breaths.

6. Continue for three minutes.

7. Open your eyes and keep breathing.

What do you notice?

## Exercise 2

You’re now going to build up a sentence one word at a time. As the sentence gets longer, you will need more breath. Try to vary your EMPHASIS (imagine a word or two underlined), Pace (speed), Modulation (up and down) and Projection (loudness). Your aim is to add one word at a time. The full sentence is

“I am going to say these words without running out of breath or turning blue in the face”

What do you notice?