

Breathing Made Simple, Exercises that Free the Breath

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Always begin these exercises with correct posture and “soft” knees. Stand tall with body ready for action!

- 1) Close your Eyes- inhale slowly through the nose and then exhale slowly through the mouth...visualize the drinking in of a wonderful fragrance. Repeat 6 x's

- 2) Inhale slowly through your nose as you raise your arms over your head (Notice how open your rib cage feels.) Hold your breath (never strain) – exhale through the mouth as you lower your arms, allowing the rib cage to remain “open.” Remember: DONOT FORCE BREATH!!! Repeat 4x's

- 3) Inhale through the nose and exhale making a “hissing sound.” Remember to expand the ribs as you inhale and let them remain open as long as they will. It is important to allow expansion WITHOUT forcing! Repeat 4 x's

- 4) With finger and thumb at the nose, close one nostril and inhale then close the other nostril to exhale. Repeat 3 x's then reverse sides 3x's

- 5) Panting like a dog, after a few seconds take a moment and observe your abdominal muscles working. In hale and exhale freely, then repeat the panting (Keep pants even!) repeat 4x's

- 6) Initiate 5 short puffs of air simply by contracting the abdominal muscles- inhale and repeat exercise. Repeat 10 x's

Remember that these exercises should be “FREEING” to the body. Use a mirror and watch yourself whenever possible.