

BUILDING CAPACITY

BREATH SKILLS



DESCRIPTION:

Help your singers build breath capacity, and better define their concept of full and empty. Encourage the muscular discipline to inhale in a slow, controlled manner.

- Invite your singers to sit upright in their seats, or stand nice and tall to maximise breathing potential.
- Encourage nasal inhales where possible, and either nasal or mouth exhaling.
- Create a beat with finger clicks or a metronome.
- Inhale for four beats, hold for four beats, exhale for four beats.
- Inhale for six, hold for four, out for six.
- Inhale for eight, hold for four, out for eight.
- Continue increasing beats for as long as your singers seem comfortable.

WHY:

Being aware of, and comfortable in both the empty and full states of breath is very helpful as singers. Learning to control the release of air slowly is also imperative. This is also super relaxing, quiet, still and a great place to start a singing session.

VIDEO LINK:



PRESENTER:

Chris Blain

OTHER RESOURCES

- ["Breathe" by James Nestor](#)
- [American Lung Association](#)
- [Healthline](#)
- [Medical News Today](#)
- [GoodRX](#)

EXTENSIONS / IDEAS:

This exercise can grow and develop with your singers. Start by gradually getting them to a ten count, then extend it a little each week. There is something very powerful about growing and developing a skill together, and this exercise allows us to track our improvements as we go.