

SLOWING TIME

SIMPLE SLOW BREATHING



DESCRIPTION:

Lead you choir in some slow, gentle breathing:

- Invite them to get comfortable, either sitting up tall in their seats, or standing.
- Encourage them to breath deep into their diaphragm.
- Encourage nasal breathing if possible.
- Invite them to close their eyes if they like.
- Using a click or a gentle clap (around 120BPM), invite them to breathe in for 6 beats, and out for six beats.
- Repeat, but slow your clicks down slightly each time.
- Continue for as long as you deem appropriate. Stretch the breaths out with the tempo of your beat.

VIDEO LINK:



PRESENTER:
Chris Blain

WHY:

This is a beautiful and gentle way to bring people into the same space, slow their heart rate down, improve their oxygen level, allay any anxieties, and prepare them for singing.

Our singers come to us from all walks of life, and from all sorts of different situations - work, care, recreation, etc. Breathing together can help us all establish ourselves in a new space, and synchronise the energies in the room.

EXTENSIONS / IDEAS:

You could easily use an adjustable metronome for this exercise if you're not confident in your rhythm. Likewise, you could play simple chords or notes on an instrument.

OTHER RESOURCES

- [Harvard Study](#)
- [Nature Article](#)
- [Scientific American Article](#)
- [Better Health VIC](#)