

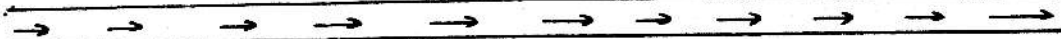
DAY ONE

(A) Deep panting breath

- (1) Take a full breath.
- (2) Blow out immediately and immediately take another deep breath.
- (3) Breathe deeply in-out-in-out etc. as vigorously as possible just as if you were panting for breath after you have run a mile.
- (4) Do approximately ten inhales and ten exhales and stop.
- (5) Resume normal breathing.
- (6) Repeat process twice.

(B) The gentle breath

- (1) Take a full breath.
- (2) Do not hold but immediately blow the air out as gently as possible.
- (3) Exhale for 30 seconds.
- (4) Expell remaining air.
- (5) Resume normal breathing.
- (6) Repeat process three times.



(C) The held breath

- (1) Take a full breath.
- (2) Do not release but hold.
- (3) While still holding the breath try to relax without tensening the diaphragm.
- (4) Hold the breath for 30 seconds.
- (5) Release air forcefully and empty lungs.
- (6) Resume normal breathing.
- (7) Repeat process three times.

That's all for today. Now when you play your instrument today be sure to start every phrase with a full breath.

DAY TWO(A) Deep panting breath

Repeat twice

(B) The gentle breath

Repeat three times

Exhale 35 seconds

(C) The vigorous breath

- (1) Take a full breath.
- (2) Do not hold but immediately blow the air out as forcefully as you can.
- (3) Empty the lungs completely.
- (4) Resume normal breathing.
- (5) Repeat the process three times.

(D) The held breath

Repeat three times
Hold 35 seconds

2

DAY THREE

(A) Deep panting breath

Repeat twice

(B) The gentle breath

Repeat twice

Exhale 40 seconds

(C) The vigorous breath

Repeat three times

(D) The shallow panting breath

- (1) Take a very shallow breath filling only the top half of your lungs.
- (2) Blow out immediately and immediately take another shallow breath.
- (3) Continue this shallow inhaling and exhaling IN-OUT-IN-OUT as fast as possible much the same as a dog pants when it has run or got excited.
- (4) Do this for approximately ten seconds.
- (5) Resume normal breathing.
- (6) Repeat process twice.

(E) The held breath

Repeat three times

Hold 40 seconds

DAY FOUR

- (A) Deep panting breath

Repeat twice

- (B) The vigorous breath

Repeat three times

- (C) The shallow panting breath

Repeat twice

- (D) The held breath

Repeat twice
Hold 45 seconds

- (E) The gentle breath

Repeat twice
Exhale 45 seconds

DAY FIVE

- (A) Deep panting breath

Once only

- (B) The shallow panting breath

Once only

- (C) The vigorous breath

Repeat three times

- (D) The gentle breath

Repeat twice
Hold 50 seconds

- (E) The held breath

Repeat twice
Hold 50 seconds

DAY SIX

(A) Deep panting breath

Once only.

(B) The shallow panting breath

Once only

(C) The vigorous breath

Repeat three times

(D) The held breath

Repeat twice
Hold one full minute

(E) The gentle breath

Repeat twice
Exhale one full minute

DAY SEVEN

(A) Deep panting breath

Once only

(B) The power breath

(1) Take a single sheet of paper (8½"x11") and hold it against a flat wall with your face about six inches away from it.

(2) Take a full breath.

(3) Blow vigorously at the centre of the paper, let the paper go but try to keep the paper pinned against the wall with your breath only for a slow count of six.

(4) Resume normal breathing.

(5) Repeat process six times.

(C) The gentle breath

Repeat once for one full minute

(D) The held breath

Repeat once for one full minute

(E) The vigorous breath

Repeat three times

DAY EIGHT(A) Deep panting breath

Once only

(B) The forced held breath

- (1) Take a full breath.
- (2) Do not release but hold.
- (3) While still holding place the palms of your hands just below the rib-cage.
- (4) Press your hands as hard as you can into your stomach and at the same time force the air in your lungs to the bottom of your lungs..
- (5) Hold this forced, pressed position for a slow count of ten.
- (6) Blow the air out vigorously and expell all air.
- (7) Resume normal breathing.
- (8) Repeat process three times.

(C) The vigorous breath

Repeat three times

(D) The held breath

Once only

Hold for one minute

(E) The gentle breath

Once. only

Exhale for one minute

DAY NINE(A) Deep panting breath

Once only

(B) The power breath

Repeat six times

Increase distance to one foot

(C) The gentle breath

Once only

Exhale for one minute

(D) The held breath

Once only

Hold one minute

(E) The vigorous breath

Repeat three times

DAY TEN(A) Deep panting breath

Once only

(B) The forced held breath

Repeat three times

Increase to 15 seconds

(C) The vigorous breath

Repeat three times

(D) The held breath

Once only

Hold for one minute

(E) The gentle breath

Once only

Exhale for one minute

DAY ELEVEN ✓(A) Deep panting breath

Once only

(B) The power breath

Repeat six times

Increase distance to two feet

(C) The gentle breath

Once only

Exhale for one minute

(D) The held breath

Once only

Hold one minute

(E) The vigorous breath

Repeat three times

DAY TWELVE ✓(A) Deep panting breath

Once only

(B) The forced held breath

Repeat three times

Increase to 20 seconds

(C) The vigorous breath

Repeat three times

(D) The held breath

Once only

Hold for one minute

(E) The gentle breath

Once only

Exhale for one minute

DAY THIRTEEN ✓(A) Deep panting breath

Repeat twice

(B) The power breath

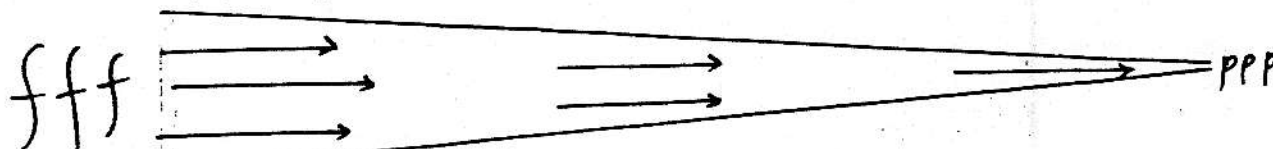
Repeat three times

(C) The Crescendo breath

- (1) Take a full breath.
- (2) Do not hold but blow it out immediately as gently as you can.
- (3) Gradually increase the speed of the air until you are blowing as vigorously as possible.
- (4) Expell all air.
- (5) Resume normal breathing.
- (6) Repeat process three times.

(D) The decrescendo breath

- (1) Take a full breath.
- (2) Do not hold but blow it out immediately as vigorously as you can.
- (3) Gradually decrease the speed of the air until you are blowing as gently as you can.
- (4) Expell all air.
- (5) Resume normal breathing.
- (6) Repeat process three times.

(E) The vigorous breath

Repeat three times

DAY FIFTEEN

(A) The forced held breath

Repeat three times

DAY FOURTEEN ✓

(B) (A) Deep panting breath

(1) Take a full breath.

(2) Once only but blow out immediately as gently as you can.

(B) (B) The forced held breath

Repeat three times

(C) (C) The crescendo breath

Repeat three times

(D) (D) The decrescendo breath

Repeat three times

(E) (E) The gentle breath

Repeat twice

Exhale for one full minute

(D) The held breath

Once only

Hold one minute

DAY FIFTEEN ✓

(A) The forced held breath

Repeat three times

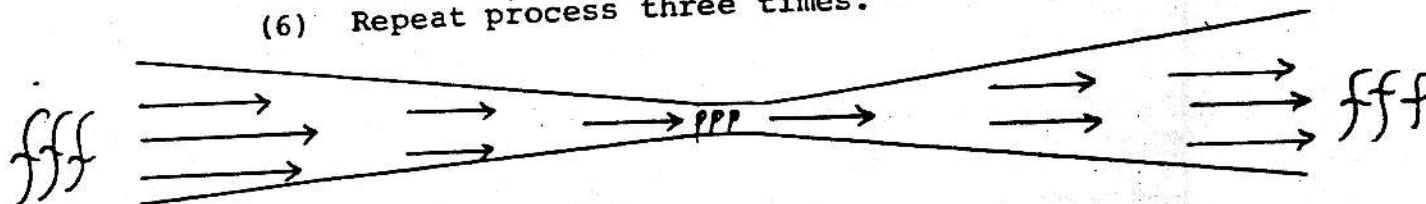
(B) The crescendo-decrescendo breath

- (1) Take a full breath.
- (2) Do not hold but blow out immediately as gently as you can.
- (3) Gradually increase the speed of the air until you are blowing as vigorously as possible then gradually decrease the speed of the air until you are blowing as gently as you can.
- (4) Expell all air.
- (5) Resume normal breathing.
- (6) Repeat process three times.



(C) The decrescendo-crescendo breath

- (1) Take a full breath.
- (2) Do not hold but blow it out immediately as vigorously as you can.
- (3) Gradually decrease the speed of the air until you are blowing as gently as possible then gradually increase the speed of the air until you are blowing as vigorously as you can.
- (4) Expell all air.
- (5) Resume normal breathing.
- (6) Repeat process three times.



(D) The held breath

Once only

Hold one minute

DAY SEVENTEEN ✓

(A) The forced held breath

Repeat three times

DAY SIXTEEN ✓

(B) The vigorous stop-start breath(A) The power breath

(1) Take a full breath.

(2) Do not hold but immediately blow the air out as

forcefully as you can but only for one second and

stop for about one second.

(B) The crescendo-decrescendo breath

(4) Blow out again as forcefully as you can for one

second and stop for about one second.

(5) Continue the process SLOW-STOP-SLOW-STOP until

you have exhaled all air.

(C) The decrescendo-crescendo breath

(6) Take a full breath.

(7) Repeat process three times.

Repeat three times

(D) The gentle breath

Once only

Exhale for one full minute.

(1) Take a full breath.

(2) Do not hold but immediately blow the air out

gently as you can but only for one second and

stop for about one second.

(3) Do not take another breath.

(4) Blow out again as gently as you can for one

second and stop for about one second.

(5) Continue the process SLOW-STOP-SLOW-STOP until

you have exhaled all air.

(6) Resume normal breathing.

(7) Repeat process three times.

(8) Repeat process three times.

(9) Repeat process three times.

(10) Repeat process three times.

(11) Repeat process three times.

(12) Repeat process three times.

(13) Repeat process three times.

(14) Repeat process three times.

(15) Repeat process three times.

(16) Repeat process three times.

(17) Repeat process three times.

(18) Repeat process three times.

(19) Repeat process three times.

(20) Repeat process three times.

Continued....

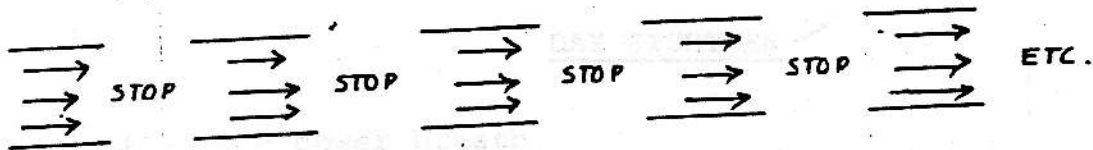
DAY SEVENTEEN ✓

(A) The forced held breath

Repeat three times

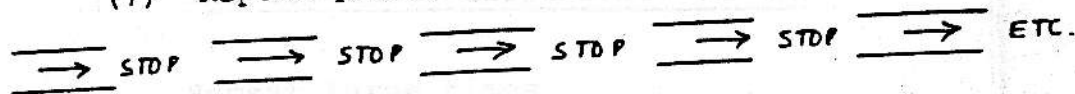
(B) The vigorous stop-start breath

- (1) Take a full breath.
- (2) Do not hold but immediately blow the air out as forcefully as you can but only for one second and stop for about one second.
- (3) Do not take another breath.
- (4) Blow out again as forcefully as you can for one second and stop for about one second.
- (5) Continue the process BLOW-STOP-BLOW-STOP etc. until you have expelled all air.
- (6) Resume normal breathing.
- (7) Repeat process three times.



(C) The gentle stop-start breath

- (1) Take a full breath.
- (2) Do not hold but immediately blow the air out as gently as you can but only for one second and stop for about one second.
- (3) Do not take another breath.
- (4) Blow out again as gently as you can for one second and stop for about one second.
- (5) Continue the process BLOW-STOP-BLOW-STOP etc. until you have expelled all air.
- (6) Resume normal breathing.
- (7) Repeat process three times.



Continued.....

(D) The crescendo-decrescendo breath

Repeat three times

(E) The decrescendo-crescendo breath

Repeat three times

DAY EIGHTEEN

(A) The power breath

Repeat three times

(B) The vigorous stop-start breath

Repeat three times

(C) The gentle stop-start breath

Repeat three times

(D) The crescendo-decrescendo breath

Repeat three times

(E) The decrescendo-crescendo breath

Repeat three times

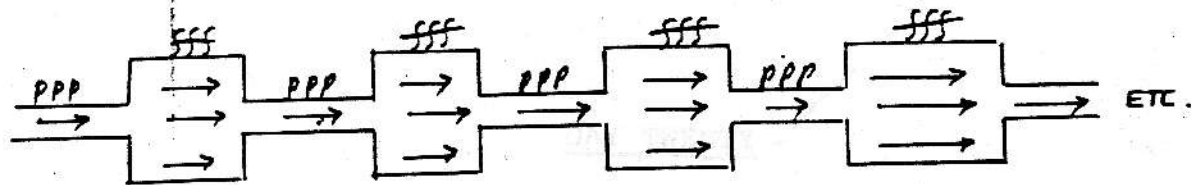
DAY NINETEEN ✓

(A) The forced held breath

Repeat three times

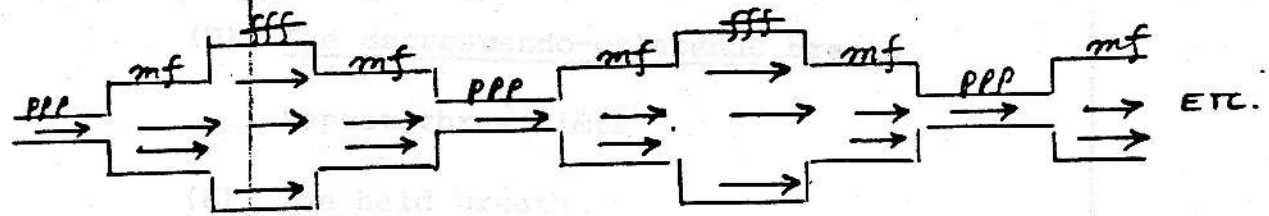
(B) The soft-loud breath

- (1) Take a full breath.
- (2) Do not hold but immediately blow out gently then without stopping blow out as vigorously as you can then as gently as you can.
- (3) Continue the process GENTLE-VIGOROUS-GENTLE-VIGOROUS etc. until all air is expelled.
- (4) Resume normal breathing.
- (5) Repeat process three times.



(C) The soft-medium-loud breath

- (1) Take a full breath.
- (2) Do not hold but blow out immediately very gently then without stopping blow a little faster then without stopping as vigorously as possible then without stopping a little less vigorously then without stopping as gently as possible.
- (3) Continue the process GENTLE-MEDIUM-VIGOROUS-MEDIUM-GENTLE-MEDIUM etc. until all air is expelled.
- (4) Resume normal breathing.
- (5) Repeat process three times.



Continued.....

(D) The crescendo-decrescendo breath

Repeat three times

(E) The gentle breath

Once only

Exhale for one full minute or longer

DAY TWENTY

(A) The power breath

Repeat three times

(B) The soft-loud breath

Repeat three times

(C) The soft-medium-loud breath

Repeat three times

(D) The decrescendo-crescendo breath

Repeat three times

(E) The held breath

Once only

Hold for one minute or longer

DAY TWENTY-ONE

(A) The forced held breath

Repeat twice

(B) The soft-medium-loud breath

Once only

(C) The crescendo-decrescendo breath

Once only

(D) The decrescendo-crescendo breath

Once only

(E) The pumping breath

- (1) Take a full breath.
- (2) Do not hold but blow out immediately with a MEDIUM breath and keep the air flowing smoothly.
- (3) Periodically accentuate vigorously the air flow then taper down to the MEDIUM flow of air just as if you were pumping the air out of your lungs.
- (4) Expell all air.
- (5) Resume normal breathing.
- (6) Repeat process three times.



(F) The vigorous stop-start breath

Once only

(G) The gentle stop-start breath

Once only

(H) The power breath

Repeat: 1st time