

POWER BREATHING FOR SINGERS

CHRIS DILLEY VOCAL STUDIO

917-701-0274 • chris@chrisdilley.com • www.chrisdilley.com

6 Breathing Exercises

1. TAI-CHI “KICKSTART” POSE

- Standing, feet shoulder width apart, knees slightly bent
- Hands crossed in front of neck
- Exhale all air, pushing hands down and out with them ending beside your hips
- Inhale with energy as though through a straw – while inhaling, circle hands up, ending with fingertips in front of ears
- Remaining in this position, exhale on “ssss”, making the exhalation last as long as possible

2. FOOTBALL POSE

- Bend over with hands on knees, keeping back flat
- Inhale quick, strong breath through the nose into your sides and lower back
- Make sure back stays flat, and doesn't round on the inhale
- Exhale on “ssss”, making the exhalation last as long as possible

3. “GAS TANK” POSE – ARMS MOVING UP

- Standing position, arms by your sides (“6 o'clock position”)
- Inhale quick, strong breath through the nose into the “inner tube” (lower front, sides, and lower back)
- Exhale on “ssss” – while exhaling, arms slowly come up
- At 9 o'clock position, exhalation should be halfway through. Take notice if you're more or less than halfway out, and adjust movement of arms accordingly.
- At 12 o'clock position, exhalation is over. If you have more air left at 12 o'clock, continue to exhale leaving the arms at 12 o'clock, making it last as long as possible (and know you can move arms more slowly next time!)

4. “GAS TANK” POSE – ARMS MOVING DOWN

Same as position #3, but arms begin at 12 o’clock, halfway out at 9 o’clock, all the way out at 6 o’clock.

5. FLOOR “HEAD UP” POSE

- Lie down on your back. (No napping allowed! ☺)
- Inhale quick, strong breath through the nose - and while inhaling, bring the top half of your body up into a stomach crunch position.
- Exhale on “ssss”, and on the exhale, slowly bring the top half of your body to the floor, counting to 10. On 10, your body is back on the floor – relaxed with sides engaged to support the breath.
- Continue the rest of the exhalation on “ssss”, making it last as long as possible.

6. FLOOR “LEGS UP” POSE

Same structure as position #5, but with legs coming instead of top half of body.

- Lie down on your back.
- Inhale quick, strong breath through the nose - and while inhaling, bring the legs up to 45 degrees off the floor, keeping them straight.
- Exhale on “ssss”, and on the exhale, slowly bring the legs to the floor, counting to 10. On 10, your body is back on the floor - relaxed with sides engaged to support the breath.
- Continue the rest of the exhalation on “ssss”, making it last as long as possible.