

PRACTICE TOOLS – SINGING – HOW TO BREATHE

5 Easy steps to remember

1. **STAND** in front of a full-length mirror and **TURN** so you can **SEE** your body from the side.
2. **MAKE SURE** you're standing with a **TALL POSTURE**, where your **CHEST** is comfortably **LIFTED** and you're not slouching.
3. **PLACE** both of your hands around the **BOTTOM** of your **BELLY**.
4. **INHALE** so that your **BELLY** (diaphragm) **MOVES OUTWARD** as you breathe in - do not raise your shoulders or chest.
5. Finally, **SING A PHRASE** or hold a note, **FEELING** your **BELLY CONTRACT** as you sing.