

Breathing Exercises for Singers

Singers should spend 5 minutes on breathing exercises before singing begins. Exercises should be done daily to attain elasticity, to strengthen muscles and establish a feeling of coordination.

- 1- Inhale and Exhale with the “permission of the diaphragm”. Easy but full breathe in and out. Do this 5 times.
- 2- Inhale in 3 even sections and exhale in 3 even sections using the action of the diaphragm.
- 3- Repeat #2 in 5 sections. Don’t overfill, just pace the breath differently, taking smaller breathes in and exhaling smaller breathes out.
- 4- Inhale and “hiss” out in one steady stream of air. Without pressure, keep the hiss steady with the action of the diaphragm.
- 5- Inhale and then exhale short “belt hisses”. This will increase awareness of abdominal support of the muscles used in breathing.
- 6- Short, easy pants (like a dog). Work up to 30 seconds of fast panting without stopping using the diaphragm to control.
- 7- Take a low slow breath and exhale on a lip trill. Repeat and this time on exhale, lip trill on a tone. Repeat again and siren from bottom to top of range and back down on voiced lip trill.

