

Breathing

Box breathing exercises can aid in developing focus, relaxation, lung capacity, breath control. They're also a good way to practice moving large volumes of air in and out of your body while staying relaxed. Take low, yawn-like breaths using the sound “ho”. Keep the upper body (especially the shoulders) and throat relaxed. Inhale and exhale gradually over the allotted beats but try to completely fill and empty the lungs on each cycle. Fill the lowest part of the lungs first. Try these exercises standing or lying supine on the floor. Experiment with placing your fore finger or flat hand directly in front of the embouchure; by dropping the jaw and breathing with your abdomen, the in-breath should be a low pitched “woosh” and not a high pitched “wheeze”.

♩ = 40 to 60

1. David Krehbiel Variation

- Inhale 7 beats - Hold 4 beats - Exhale 8 beats - Repeat as needed

2. Ben Jacks Variation

- Inhale 4 beats - Exhale 4 beats - Repeat
- Inhale 3 beats - Exhale 3 beats - Repeat
- Inhale 2 beats - Exhale 2 beats - Repeat
- Inhale 1 beat - Exhale 1 beat - Repeat

3. Verne Reynolds Variation 1

- Inhale 5 beats - Exhale 5 beats
- Inhale 4 beats - Exhale 4 beats
- Inhale 3 beats - Exhale 3 beats
- Inhale 2 beats - Exhale 2 beats
- Inhale 1 beat - Exhale 1 beat

4. Verne Reynolds Variation 2

- Inhale 5 beats - Exhale 1 beat
- Inhale 4 beats - Exhale 2 beats
- Inhale 3 beats - Exhale 3 beats
- Inhale 2 beats - Exhale 4 beats
- Inhale 1 beat - Exhale 5 beats