



WASHINGTON STATE UNIVERSITY

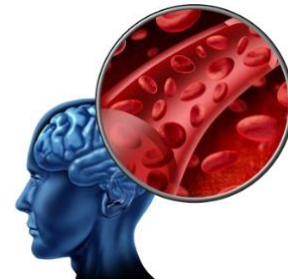
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How to Breathe and How to Test Your Breathing

Why do we breathe?

- To oxygenate your blood
- Feeds your brain
- Make better decisions

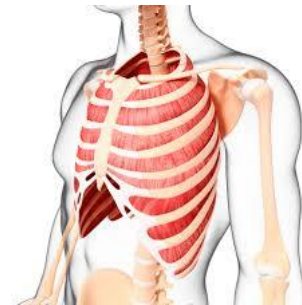


How should we breathe?

- Low and slow, low and fast
- Keep the airways open (posture)
- Don't hold your air in
- In and out
 - Resistance plays a part

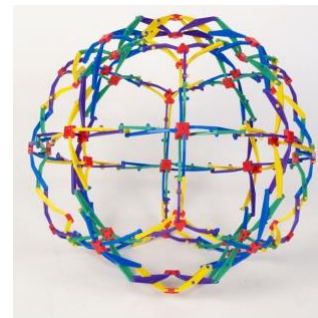
Test Your "In" Breath

- Lay down
- Case against the wall
- Hand inhale
- Expansion
 - Bottom
 - Side (ribs)
 - Back – lean over



Visualize Your Breathing

- Open ball
- Ballet jumps
- Surprise breath "Oh!"



Test Your "Out" Breath (sustain/direction)

- Pinwheels
- Balloons/ breathing bags
- Pneumo Pro™

Plan Ahead

- Breathing maps
- Practice coming into and out of breaths
- Map out your breaths and practice them to make sure you will have optimal oxygen supply while performing
- Choreograph your breathing

