# **Breathing Exercises**

#### **Breathing Exercise #1 - Stretch**

Inhale 8-Exhale 8; Inhale 10-Exhale 10; Inhale 12-Exhale 12; Inhale 10-Exhale 10; Inhale 8-Exhale 8

#### **Breathing Exercise #2 - Slow to Fast**

Inhale 8-Exhale 8; Inhale 7-Exhale 7; Inhale 6-Exhale 6; Inhale 5-Exhale 5; ....Inhale 1-Exhale 1

### **Breathing Exercise #3 - Capacity**

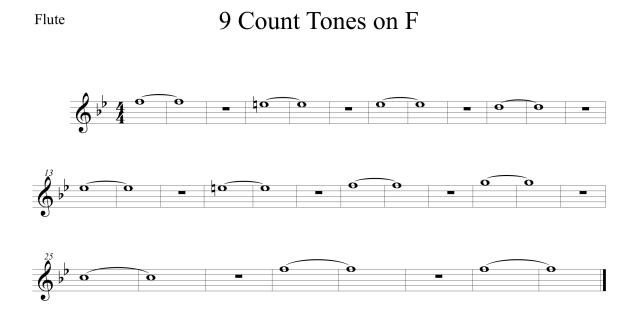
Inhale 8, hold 10 seconds and "sip" small breaths, Exhale 1 count, "Hiss" 10 second, Inhale 1 count, Exhale 1 count, Relax

#### **Breathing Exercise - 9-count tones air & valves**

Inhale 4-Exhale 8 (repeat 10 more times) Blow air through horn, with valves/fingerings for 9-count tone studies

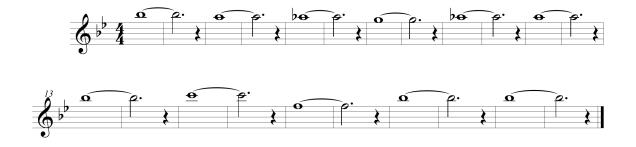
#### **Breathing Exercise - 8-count tones air & valves**

Inhale 1-Exhale 7 (repeat 10 more times) Blow air through horn, with valves/fingerings for 8-count tone studies





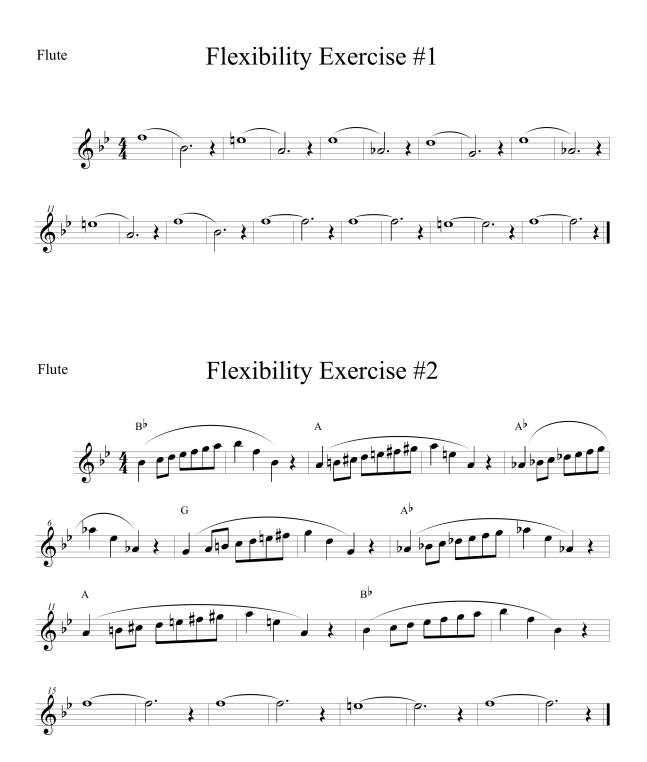
8 Count Tones on Bb



Flute

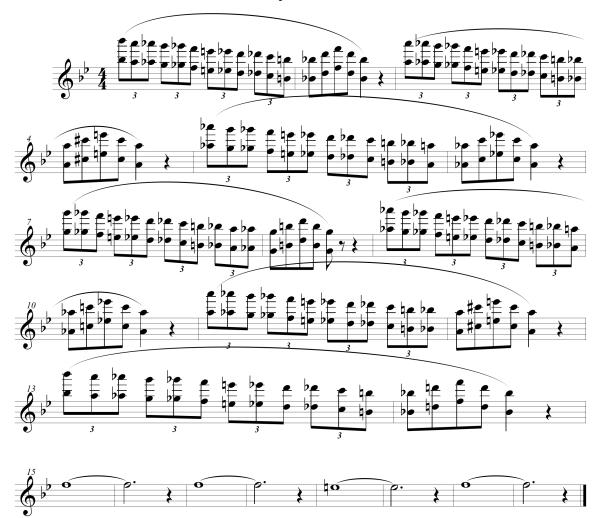
Air Flow Exercise 1





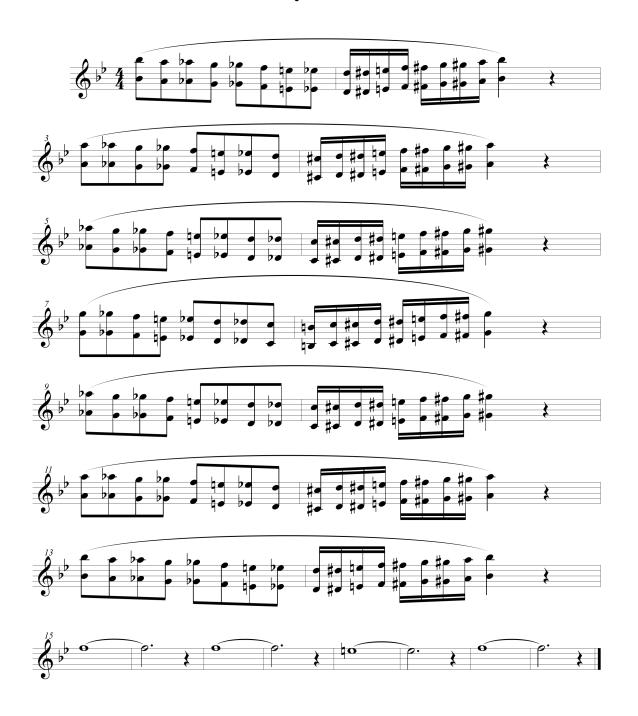


# Flexibility Exercise #3



Flute

## Flexibility Exercise #4



FLUTE

