

Breathing Exercise Sheets



Breathing Exercise Sheet 1

To produce a really good sound on the fife or flute and be able to play musically, work on breathing is important. We use more air as a flute player than any other instrumentalist - most wind players put something against their lips (brass players) or between their lips (recorder, oboe, bassoon, clarinet players etc.)

There are three aspects of breathing we should consider:

1. Understanding how we breathe
2. Learning how to get enough air in
3. Learning how to use this air economically

Here are three simple exercises you can do over the next week which will help you understand how we breathe.

Exercise 1

Lie down on your back on the floor or on the bed. You can listen to some peaceful music if you like. When you feel quiet and relaxed start and think about how you are breathing. Don't move or try to do anything, just be aware of what is happening.



Exercise 2

Repeat exercise 1 but this time roll over and lie on your front.

Exercise 3

Repeat exercise 1 but this time take a deeper breath in, in EXACTLY the same way. Make sure your tummy area is moving up and down.

Exercise 4

Repeat exercise 2 but this time take a deeper breath in, in EXACTLY the same way. Make sure your tummy area is moving up and down.

Exercise 5

Repeat exercises 1 and 2 but this time standing up.

