

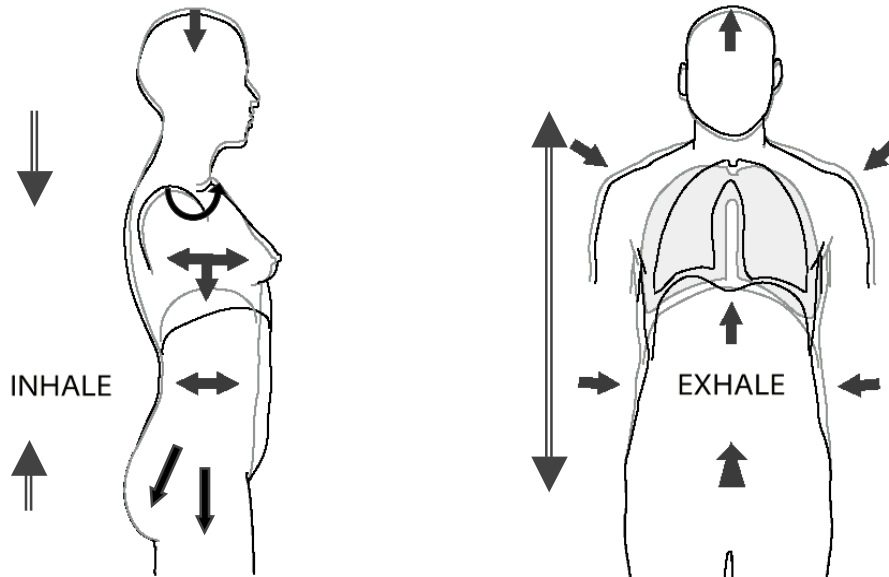
The Movement of Breathing

Inhalation:

- Ribs - up and out
- Diaphragm - contracts down
- Abdominal wall - moves out in all directions
- Pelvic floor - pushed down by organs, sit bones move apart
- Soft palate - floats up
- Spine - gathers slightly, allowing torso to deepen and widen

Exhalation:

- Ribs - down and in
- Diaphragm - releases up
- Abdominal wall - moves inward in all directions
- Pelvic floor springs back up
- Soft palate - stays free
- Spine - restores to original length, allowing ribs to come down and in



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The 3 most important things about breathing

1) Movement

Breathing is a whole-body activity, in both small and large breaths.

Muscles are engaged and elastic.

The whole body is available for support. (Leg muscles overlap with diaphragm.)

2) Flexibility

Rigidity is the enemy of free breathing!

Traditional "good" posture makes us stiff and limits breathing movement.

Instead, find balance!

A free neck and well-balanced head are essential for free breathing.

Inclusive awareness increases micromovement and flexibility.

3) Reflexiveness

Reflexive breathing - not "produced" - is the most useful breathing for musicians.

Control for exhaling comes from slowing down the movement, not stopping it!

The reflexive movement of breath corresponds to the musical movement of the phrase.

Inhale only as much air as you need.

The Structures of Breathing

