

Bibliography: For Continuing Study on Breathing

Books

Calais-Germain, Blandine. Anatomy of Breathing. Seattle: Eastland Press, 2006.

Caplan, Stephen. Oboemotions: What Every Oboe Player Needs to Know about the Body. Chicago: GIA Publications, 2009.

Conable, Barbara and Tim Phelps. The Structures and Movement of Breathing: A Primer for Choirs and Choruses. Chicago: GIA Publications, 2000.

Conable, Barbara and Benjamin Conable. What Every Musician Needs to Know About the Body. Columbus: Andover Press, 1998. *Available through GIA Publications*.

Kapit, Wynn and Lawrence M. Elson. The Anatomy Coloring Book. New York: HarperCollins, 1993.

Malde, Melissa, MaryJean Allen, & Kurt-Alexander Zeller. What Every Singer Needs to Know about the Body. Plural Publishing, 2009.

Pearson, Lea. Body Mapping for Flutists: What Every Flute Teacher Needs to Know About the Body. Chicago: GIA, 2007.

Vining, David. What Every Trombonist Needs to Know about the Body. Flagstaff: Kagarice Brass Editions, 2009.

Articles

Wilson, Ransom. "Breathing: The Central Issue of Flute Playing," in The Flutist's Handbook: A Pedagogy Anthology. Santa Clarita, CA: The National Flute Association, 1998.

Mather, Roger. "Your Throat, Sinus and Mouth Resonances: Friends or Foes?" in The Flutist's Handbook: A Pedagogy Anthology. Santa Clarita, CA: The National Flute Association, 1998.

Websites

Mapping the Structures & Movement of Breathing podcast (mp3 file, now in Beta testing)
http://web.me.com/flutibia/FLUTIBIA/Body_Mapping_Podcasts.html

David Vining's Breathing Books (flute book to come soon)
<http://www.davidvining.net/baa.html>

Breathing Coordination™ a summary of the work of Carl Stough
<http://www.breathingcoordination.com/>

Online animations of ribs/lungs/diaphragm movement:

1. Anatomy of Breathing Flash video
<http://teachhealthk-12.uthscsa.edu/studentresources/AnatomyofBreathing3.swf>
2. Indiana University Graphic Services
<http://www.indiana.edu/~issgraph/breath.html>

DVD

Conable, Barbara and Amy Likar. Move Well, Avoid Injury: What Everyone Needs to Know about the Body. Portland, Andover Productions, 2009. www.movewellavoidinjury.com Coming soon!