

THE YOGA COMPLETE BREATH FOR BRASS PLAYERS

- 1) Intake (small), abdomen (this refers to the area around the navel) moves outward SLIGHTLY, but relaxed.
- 2) Intake (large), abdomen moves inward (horizontally toward the spine) to create a "wedge" position of the abdominal muscles. Tension should be minimal, just enough to hold the muscles in position.
- 3) Intake (large), abdomen hold position from step 2 (not tense), shoulders lift straight up toward ear lobes while breathing inward.
- 4) Grip (isometrically) abdomen muscles, maintaining innermost position (wedge) of abdominal muscles (from step 2).
- 5) Relax and lower shoulders to comfortable and desired playing position.
- 6) Blow, as if spitting rice or blowing out a candle.

Steps 2, 3 and 4 are variable depending upon what you are going to play.

THE FOLLOWING EXERCISE SHOULD BE DONE IN 3 SESSIONS OF 30

How to acquire this breath:

- 1) Do the above 6 step routine (without your instrument) a minimum of 90 times per day for a minimum of 21 days. This can (and perhaps SHOULD) be done in three sessions of 30 or so repetitions each. Start with the page with the six step diagram, facing a mirror large enough that you can see your body from the waist up.
- 2) As soon as possible, close your eyes to "internalize" (memorize) the steps of the breath. If you have difficulty with this, go back to the previous step with the mirror and try again later.
- 3) As soon as possible, eliminate the pauses between the steps and learn to do the breath as ONE SMOOTH MOVEMENT, being sure to start SLOWLY and then gradually increase the speed of the breathing motion.

If at any time you feel difficulty going through the motions, go back to the previous step, simplify everything, go slowly until it feels comfortable. It might be necessary to return to open eyes, mirror, and the 6-step list. Be patient. Give your body, your mind, and yourself a fair chance to learn this very effective breathing process.

When you become proficient with this breathing process, start doing this with the horn. Play licks, scales, patterns, etc. Avoid excessive high register playing at first. Get low to high C locked in. Refer to wedge adjustment diagram.