

1. Stretch – arms, legs and torso while breathing. Stretch neck muscles and shoulders also.
2. Stretch and breathe. Arms up (above head) while inhaling; arms down while exhaling (x3).
3. Breathe – in front of a mirror with hands on ribcage. Remember sternum and feet position. Be sure feet are about a shoulder's width apart, sternum up (x6).
4. Legato Breathing – while singing “tst” until all air is expelled. Maintain continued sound. You may check by placing index finger in front of mouth. (x6).
5. Continued legato breathing – while singing “tst” to the count of 2, 4, 6, 8. Be sure to take time to fully exhale before breathing again (x3).
6. Staccato breathing – while singing “tst” to the count of 2, 4, 6, 8. Check soft palate, it should be up (x3).