

Breathing 8-6-18

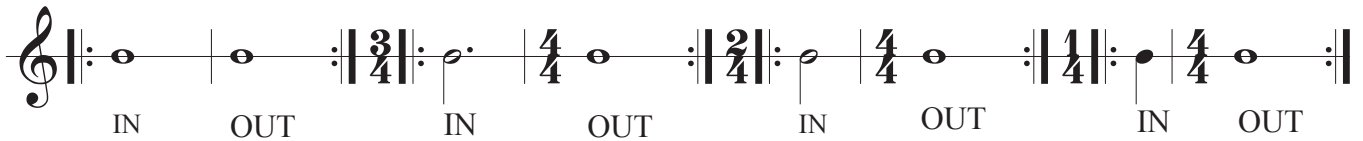
Mastering Air

Charles Mekealian

1



2



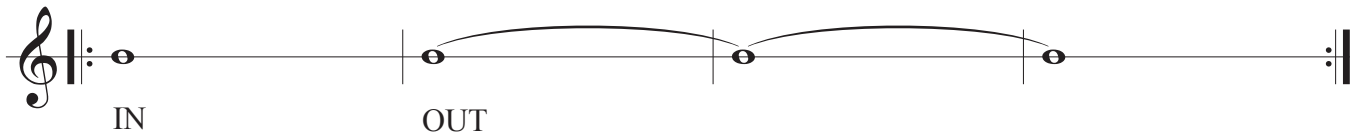
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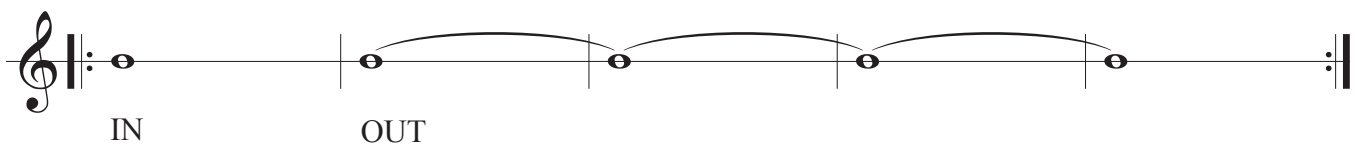
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5



6



Notes:

- It is important to remember to take in a full breath each time you "IN" hale
- The sound of air on the exhalation should be consistent all the way through each exercise unless you are instructed to do otherwise (like decrescendos and crescendos)
- You may feel lightheaded and dizzy when repeating these exercises. It is normal but make sure you pay attention to how you feel