



Mini-poster #1

Breathing for singing

- ✓ **Adjust** your posture.
- ✓ **Exhale** air remaining in lungs.
- ✓ **Inhale quickly**, like sipping through a straw. Muscles around your waist expand and resist.
- ✓ **Exhale slowly**, like a leaky tire. Muscles smoothly return to their original position.

Position after exhaling:

diaphragm
abdominal muscles

Position after inhaling:

diaphragm
abdominal muscles

Illustration: Susan K. Donley