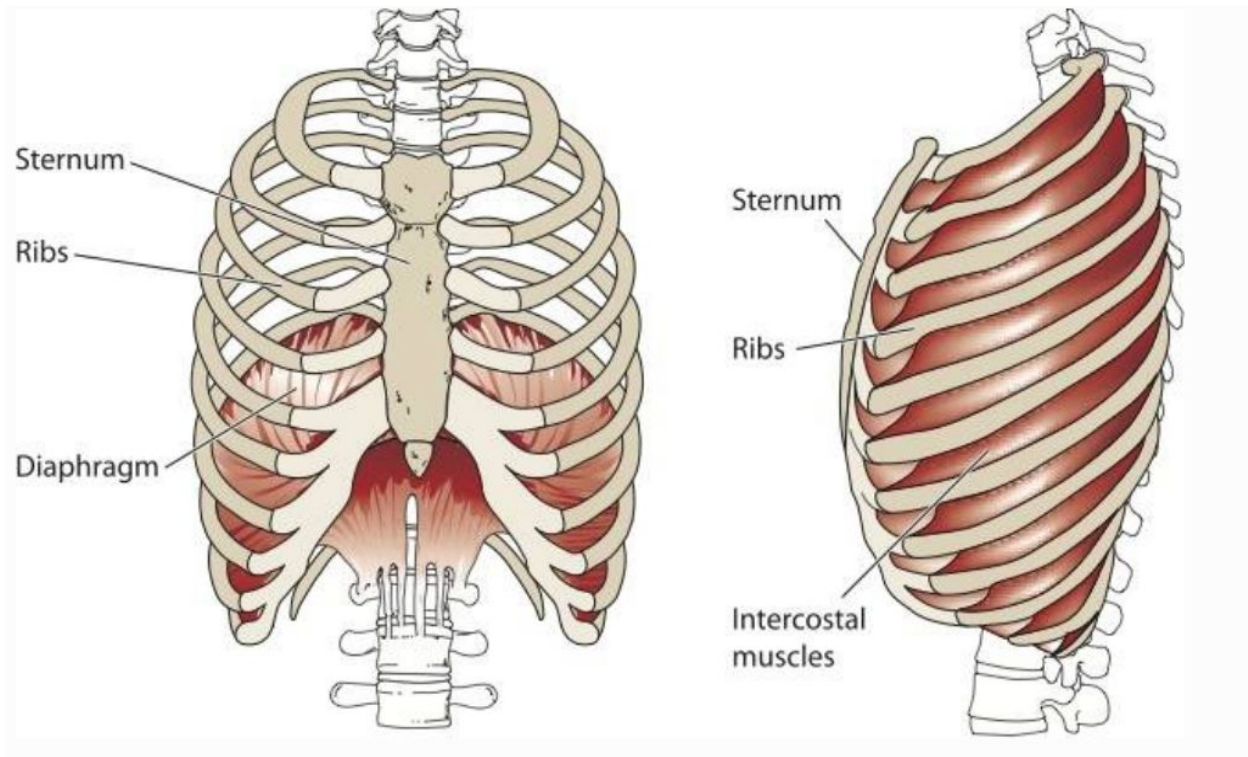


Breathe Life Into Yourself

Julia Norton

Remember - Vocal POWER comes from the lungs



Learn how to breathe correctly, for supported voice use.

Top tips:

1. When performing, breathe in through the mouth.
2. Practice the vacuum breathing technique into the belly.
3. Staccato and legato breathing in - hold - out for 10, and 15 counts.
4. Practice breathing in the mirror to make sure you're not raising your shoulders.