

# Lesson 5

## Oscillating your chest and abdomen

CD 3: Introduction Track 1  
Lesson Track 2

Lesson positions: Lying and sitting (Have your chair ready for the end of the lesson)

Corresponding Body warm-ups

8. Oscillating your chest and abdomen- sitting Page 16

9. Oscillating your chest and abdomen- standing Page 18

In this lesson, you will be alternating expanding your chest and abdomen. This may seem quite strange at first so it is very important to keep the movements subtle and small at first. After a few repetitions you will probably find the movements becoming easier and even pleasurable. You have already been working with softening the chest in the first three lessons and this lesson will build on that. My experience is that most singers/wind players catch on to this lesson fairly quickly because they have already spent so much time working with their breathing. One of the important aspects of this lesson is the softening of the ribs and abdominal muscles, which will help increase your ease with inhaling and breath capacity. This lesson is also useful for developing subtle breath control and relaxing your whole breathing apparatus. I find doing a few of these movements helps me to relax during a practice session and improves my tone quality.

*You may place a folded towel or some padding under your head if it feels more comfortable.*



*If possible, let your elbows rest on the floor when you have your hands on your chest and abdomen. If this is not comfortable, you can place some folded towels or pads under your elbows.*