

Bathroom Singer Lesson 2: Breathing Technique

Goal: Learn to manage breath for longer phrases and better voice quality on sustained notes.

Learn to use breath to support the voice

Diaphragmatic deep breathing:

The diaphragm is a dome-shaped muscle located below the lungs, separating the chest from the abdomen, and plays a key role in breathing.

Exercise 2A: Place a hand just below the rib cage at the top of your abdomen.

1'29 Take a deep breath in and feel this area expand – note: keep shoulders relaxed and do not “suck in”

Slowly exhale, letting everything contract naturally

Repeat 3 times connecting the diaphragm to your core muscles to feel as if you are breathing with your whole body. Keep the shoulders relaxed and back (Posture – Lesson 1)

Exercises for breath control:

Exercise 2B: Slow and fast snake:

2'26 Take a deep breath into the diaphragm

Exhale slowly, maintaining a “sss” sound for as long as you can

Take another deep breath into the diaphragm

This time exhale on “sss” as fast as you can. Ensure to use the diaphragm and core muscles (not the throat) to “push” the air out

Exercise 2C: Hand on collarbone

4'01 Exhale fully then “ha ha ha” in a low voice using diaphragm and core muscles to find extra breath

Connecting breath to sound:

Exercise 2D: Panting: 5'11

Place hands on diaphragm (top of abdomen, bottom of ribcage!)

Take short shallow quick breaths in and out for a deep pant.

Switch between “hoo” and “ha” sound: “hoo hoo ha ha hoo hoo ha ha”

Add your speaking voice at its natural pitch

Now use a high voice

Combine the 3: Breath/Low voice/ High voice 6'50

Exercise 2E: "ssshhooo"

7'50 Hold a "ssh" sound for 3 seconds then switch to "ooh"

➔ notice how much more breath the "ssh" sound uses

Exercise 2F: "Hey Hey Hey"

8'39 Use the diaphragm/exhale to push out the word "hey" 3 times

Breathe then repeat

Sing short simple melodies with controlled breathing:

Exercise 1C using "ahhh" after "mm" and "ng" *Video 1- 4'48*

➔ Focus on using the diaphragm for breath

Practice: Breathing exercises 2A-2F

Sing simple phrases breathing from the diaphragm and core

Try the choruses from these songs:

Blowing in the Wind – Bob Dylan

Somewhere over the Rainbow – Judy Garland

A Thousand Years – Christina Peri

Breath Challenge: Lovely – Billie Eilish

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