

# *Music For Life*

Keith Curbow and the Lowell Mason House

Medfield, MA

[keithcurbow@gmail.com](mailto:keithcurbow@gmail.com)

## *Follow up exercises for educators*

<p><b><i>Exercise 1: Extended prep-breath</i></b> -inhale for 4 beats -hold for 4 beats -play 1, 4 or 8 measure phrase -stop <i>-focus on breathing by extending the belly out first</i></p>	<p><b><i>Yoga Exercise 1: Breath of Fire</i></b> - exhale in a short burst of air out the nose like a small sneeze - the inhale is equally as short and will almost happen automatically -repeat rapidly at 90 bmp - to end, inhale deeply and hold briefly then exhale</p> <p><i>Note: women pregnant or on a cycle do not do breath of fire. Any student should stop and breathe normally if dizzy.</i></p>
<p><b><i>Exercise 2: Segmented phrasing</i></b> -inhale 4 beats, hold 4 beats -play 4 or 8 measure phrase -inhale 4 beats, hold 4 beats -repeat process with the next phrase</p> <p><i>-focus on breathing by extending the belly out first</i></p>	<p><b><i>Yoga exercise 2: Diaphragm breath</i></b> -inhale by first expanding belly, then ribs, then raise the shoulders for 6 beats -exhale to the point where the belly pulls in towards the spine for 8 beats -continue 3 minutes -extend inhale and exhale to 10:12 by 1 second every 30 seconds</p> <p><i>Any student should stop and breathe normally if dizzy.</i></p>
<p><b><i>Exercise 3: Low and “oh” breath</i></b> -inhale in 1 prep beat by extending the belly out -hold 1 beat -play 4 or 8 measure phrase</p>	