

Breathing Exercise

1. Lay down on the floor with your feet on the floor and your knees bent.
2. Put a book on your stomach.
3. Breathe in through your mouth and nose. **The book should rise.**
4. Hold your breath for 5 seconds.
5. Breath out. **The book should fall.**
6. Do this exercise 10 times a day before you practice.

Remember what your stomach muscles felt like when doing this. When you play your horn, your breath into the sax should feel just as supported.

As you get better at this, try these things:

- ◆ Use a heavier book.
- ◆ Hold your breath for 10 seconds.