

## Incorporating Breath Awareness into Practice

Piece: \_\_\_\_\_

Date: \_\_\_\_\_

- 1) Tune in and start your piece. Your goal is to stop the moment you lose focus on your breathing or where you notice your breathing changes (e.g. holding your breath, irregular breaths). Mark the bar/section below. Continue to do this until you have played through all the sections of your piece.

Where is your breathing changing?	Why? What is the problem here?	How will you fix it?
Section (Bar #'s) _____	_____	_____
Section (Bar #'s) _____	_____	_____
Section (Bar #'s) _____	_____	_____
Section (Bar #'s) _____	_____	_____
Section (Bar #'s) _____	_____	_____
Section (Bar #'s) _____	_____	_____
Section (Bar #'s) _____	_____	_____
Section (Bar #'s) _____	_____	_____
Section (Bar #'s) _____	_____	_____

Try to identify why you lose focus on your breathing or are holding your breath in each spot that you marked. What is the problem? Breathing problems usually indicate that something is worrying you in this particular spot, such as fingering, memory, technique, rhythm, etc. Work on each of these spots until you can play them comfortably with smooth and regular breathing.