

# Relaxation Studies

Use one full breath for each phrase. Relax and release the air as you progress through each phrase. Strive to maintain a full, resonant sound and even timbre through each phrase.

## Exercise #1

Exercise #1 consists of six staves of music in bass clef, 2/4 time, with a key signature of one flat (B-flat). The first staff begins with a dynamic marking of *mf*. Each staff contains two phrases of music, each phrase spanning six measures. The notes in each phrase are: Staff 1: G2, A2, B2, C3, D3, E3; Staff 2: F3, G3, A3, B3, C4, D4; Staff 3: E4, F4, G4, A4, B4, C5; Staff 4: B3, A3, G3, F3, E3, D3; Staff 5: C3, B2, A2, G2, F2, E2; Staff 6: D2, C2, B1, A1, G1, F1. Each phrase is marked with a slur and a fermata at the end.

Repeat the same procedure as above for the following exercises. Continue down to the low C flat at bottom of phrase. A quick breath may be necessary during Exercise #3.

## Exercise #2

Exercise #2 consists of one staff of music in bass clef, 2/4 time, with a key signature of one flat (B-flat). The notes in the phrase are: G2, A2, B2, C3, D3, E3, F3, G3, A3, B3, C4, D4, E4, F4, G4, A4, B4, C5, B4, A4, G4, F4, E4, D4, C4, B3, A3, G3, F3, E3, D3, C3, B2, A2, G2, F2, E2, D2, C2, B1, A1, G1, F1. The phrase is marked with a slur and a fermata at the end.

## Exercise #3

Exercise #3 consists of one staff of music in bass clef, 2/4 time, with a key signature of one flat (B-flat). The notes in the phrase are: G2, A2, B2, C3, D3, E3, F3, G3, A3, B3, C4, D4, E4, F4, G4, A4, B4, C5, B4, A4, G4, F4, E4, D4, C4, B3, A3, G3, F3, E3, D3, C3, B2, A2, G2, F2, E2, D2, C2, B1, A1, G1, F1. The phrase is marked with a slur and a fermata at the end.