

# 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

*mf*

7

13

19

25

31

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

37

## Exercise #3

41