

Breathe with Ease

Rachel Pack

(♩ = 160)

1 2 3 + + 1 2 + + 4

I sing free - ly - be - cause I breathe with ease

Purpose: This exercise strengthens breath control, vocal flexibility, and ensemble continuity by practicing how to breathe during a continuous phrase without breaking the overall flow of the line.

Summary: A short sentence is sung in a continuous loop. As needed, leave out one or more words to breathe, then rejoin seamlessly. Breaths are taken silently and efficiently, with the mouth still shaping the missing words to stay visually and rhythmically connected. The goal is to maintain steady tone, energy, and expression whether singing or not. By varying the breath patterns and focusing on smooth re-entry, this exercise helps build the skill of stagger/catch/team/personal breathing.