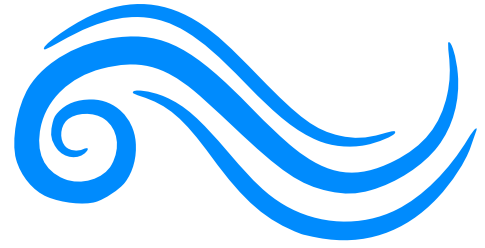


My Breathing Philosophy

Thinking about the "why" behind the "what" can help us define what we think is important and how we teach the mechanics.



Take some time to consider what you've learned and what you want to include in your own breathing pedagogy.

Things to consider:

- What you have been taught
- What you have learned on your own
- What has worked in practice
- What others teach
- What is factually true
- What is assumed

Breathing terminology you use:

Define the terms you use (be detailed):

What has worked in your studio?

What hasn't worked in your studio?

What are the essentials of breathing pedagogy in your view?

Why are these essentials important?

What assumptions can you identify in your thinking about breathing?

Outline your breathing philosophy. Be as detailed as necessary:

Detail how your philosophy of breathing impacts your breathing pedagogy:

