

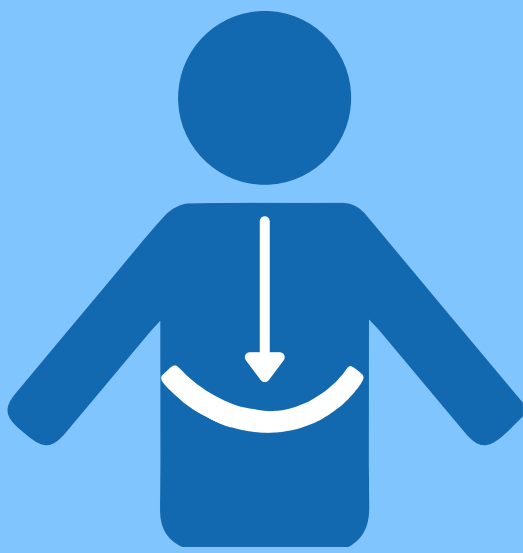
# THE DIAPHRAGM

The muscle that inspires your singing.



## WHAT IS IT?

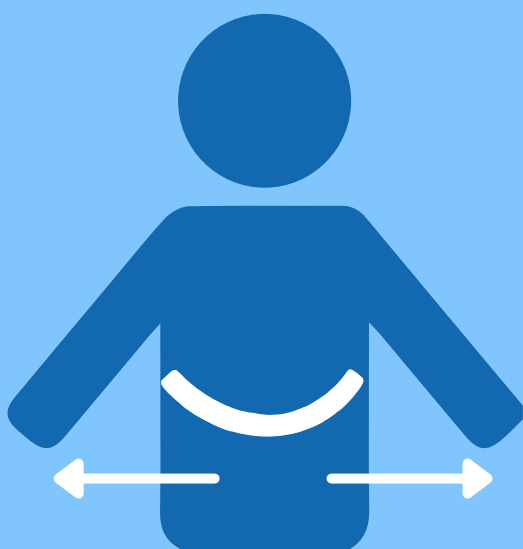
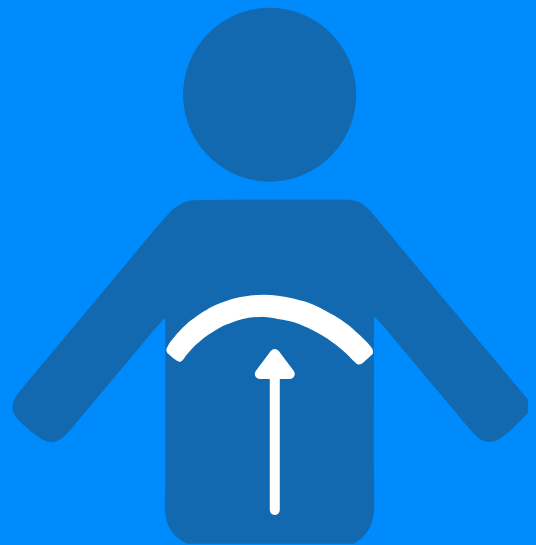
Mostly involuntary dome-shaped smooth muscle that largely controls how you breathe in.



## HOW IT WORKS

When the muscle contracts, it pulls down and expands the lungs, drawing in air.

As it relaxes, air is expelled from the lungs. Singers work to manage the exhalation for phrasing, dynamics, and articulation.



As it moves up and down, you may see movement in your abdomen as organs get pushed out of the way. This is normal!

## FOR MORE INFORMATION

Visit the Resources page at [www.drheathernelson.com/resources](http://www.drheathernelson.com/resources)