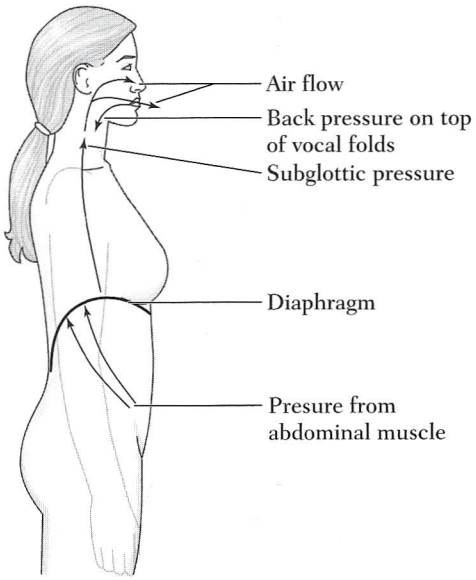

FIGURE 3.6
Balance of pressures in phonation

A singer, or any performer, with efficient breathing is free of vious physical distortions such as tension around the mouth, otrusion of the jaw, fixation in the face, tightness around the ck, rigidity of the chest, and an unsightly, bulging abdomen. he breath is silent rather than gasping or gulped, and full move-ent of the diaphragm and movement in the back portion of the wer ribs are possible.

OMMON PROBLEMS THAT PREVENT FFICIENT BREATHING

me inefficient breathing patterns can be seen regularly with experienced and experienced vocal artists. They may be caused a variety of problems, including poor physical alignment, too