

# THE POWER OF BREATH

SEMINARS & CLINICS  
in BREATHING TECHNIQUE  
for PERFORMING ARTISTS

Choirs, Singers, Actors, Instrumentalists, Teachers

Paul N. Kroeger

The power of breath...

...a breath of fresh air

...take a deep breath

...don't hold your breath

...don't forget to breathe

...breathe down someone's neck

...to breathe one's last

...and of course, God breathed life into Adam.

To breathe is to live. Most of us don't think much beyond that obvious point.

Many performing artists have learned a little about breath management, such as "diaphragmatic breathing" and breath support for voice projection. These improve the artist's ability to perform, but are simply a beginning step in the breathing techniques that can sustain a performer throughout his/her career.

Relaxation techniques like yoga and La Maz rely on breathing to create a calm focus, reduce stress and control pain, which can help all of us, but the techniques are not readily translated into the world of performance.

There are so many questions that actually do have answers: How do we help the young (or not so young) performers relax and enjoy their talents to their greatest ability? How do we help performers overcome audition- or stage fright? What do we do to help performers sustain their abilities as they mature and age?

What are the answers? Each question can be answered the same way: The Power of Breath. This is deep breathing of a different sort: breathing with thought, stripping away habits and misconceptions - breathing down to our very toes!

Throughout his years as a performer and teacher, Paul Kroeger has been a student of the power of breath. He speaks from experience when he extols the benefits of proper deep breathing techniques, and has crafted numerous ways to share his experience and knowledge with individuals and groups.

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