

DIAPHRAGMATIC BREATHING

Breathing Exercise

Posture: Stand or sit with a relaxed but upright position.

Hand Placement: Place one hand on your belly and one on your chest. Breathe low into the belly (not the upper chest).

Inhale: Take a slow, deep breath through your nose, allowing the belly to expand. Keep the shoulders and chest still.

Exhale: Release the breath steadily through pursed lips or an “sss” sound. Feel the belly gently contract as air leaves.

Repeat 5-6 times, ensuring smooth and controlled exhalation.

Accent Method

The Accent Method is a breathing and voice technique that focuses on **rhythmic breathing, diaphragmatic control, and airflow** coordination to support a **strong, flexible, and efficient voice**. It helps in:

- Developing **breath support for sustained speech**.
- **Reducing vocal strain**.
- Enhancing **resonance and projection**.
- Improving **overall voice control and flexibility**.

Return to the breathing exercise. While exhaling, use “fff” or “sss” in a gentle pulsed rhythm. Maintain a steady diaphragmatic contraction.

Once you can do this confidently, switch to voiced sounds:

- “vvv” (as in ‘vase’)
- “zzz” (as in ‘zebra’)
- “mmm” (as in ‘moon’)

Then, once confident in voice sounds, begin adding a vowel sound after the voiced sound: (ie. “va”, “zi”, “me”).

Keep the airflow smooth and unforced.