

Waking the Breath part 2

by James Kortum

Londonderry Air

Anonymous

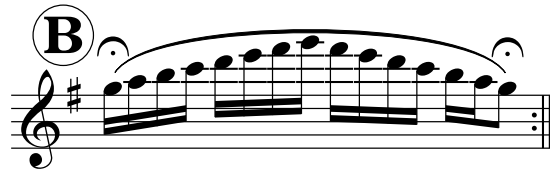


The descending - ascending scales through the mountain stance

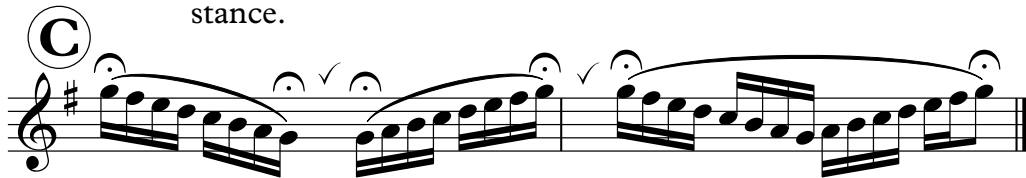


1. Begin in the mountain stance
2. Hold the first note for several seconds, then as you ascend slowly descend by bending your knees as you ascend up the scale.
3. Pause on the top note for a few seconds, staying in the deeper stance.
4. Release the note, then wait for the natural inhalation and repeat the scale from this deeper stance.

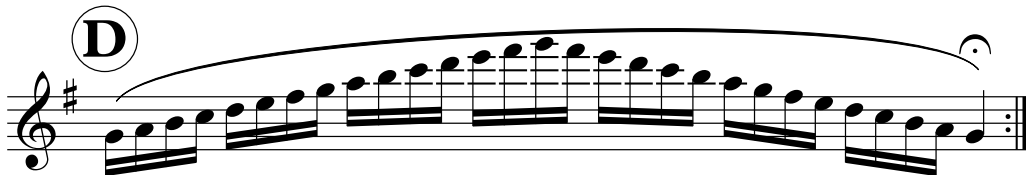
NOTE - take care not to tire your knees by staying in this position for too long



1. Begin in the mountain stance
2. As in A2, descend as you ascend into the scale and stay in the deeper stance as you descend back to the starting G
3. After the pause, repeat the scale in the deeper stance.



Progressing on to the descending scale, begin in the mountain stance and as you descend, deepen the mountain stance. At each breath point stay in the lowered stance.



To conclude, play the two octave scale, starting in the mountain stance. Deepen your stance as you begin to ascend, then maintain the lowered stance to the final low G. Wait for the breath and repeat the scale in the lowered stance

Returning to the Londonderry Air, stand in your normal stance. Slightly unlock your knees, which will release and lengthen the sacrum and lower back. Play the Londonderry Air, pausing on the last note of each phrase being aware of the release of sound and wait for the natural inhalation before continuing on to the subsequent phrases. Be sure to be flexible rather than rigid in the knees.

Londonderry Air

