Mechanics of Breathing
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I. Introduction

II. Structure of Lungs
   A. Left and right
   B. Lobes
   C. Rib cage
   D. Diaphragm

III. Methods of Inhalation
   A. Nose
   B. Mouth

IV. Types of Breathing
   A. Costal breathing
   B. Diaphragmatic breathing

V. Air Capacity
   A. average 2 to 3.5 liters
   B. normal breathing
   C. limiting factors

VI. Awareness Exercises

VII. Posture
   A. Sitting bones
   B. Head position

VIII. Equipment
   A. Voldyne 2500
   B. Breath Builder
   C. Power Lung
   D. Clarinet barrel

IX. Application
   A. Daily exercise
   B. Long tones with metronome
   C. Variety of length: 8, 10, 12, 14, etc.
   D. Be systematic and organized