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## Air Revelation Training - Advanced Week

**Warm-up Step 1** - Introduction to Deep Core Breathing

**Warm-up Step 2** - Core Breath & Release

**Warm-up Step 3** - Core Breath & Exhalation

Quick Catch Breath Exercise

**Exercise 2** - The "Slow Lift" Exercise

**Exercise 12** - The "Ball Blaster" Exercise

**Exercise 13** - The "Hyper Ball Blaster" Exercise

**Exercise 14** - The "Stabilizer Up" Exercise

**Exercise 15** - The "Down to Stabilizer" Exercise

## EXTRA - Clarinet/Saxophone Troubleshooting

Tongue Position issues

Biting & Jaw Tension issues

Throat Tension issues

Squeezing & other Finger Tension issues

Breath Support issues when Tonguing

The "Holy Trinity of Wind Playing" concept video

How to Use the Spirometer Long-Tube for Clarinet

How to Use the Spirometer Long-Tube for Saxophone

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## Breath Support Training Program for Musicians

*Air Revelation is a four-week training program with exercises aimed at helping musicians to develop the awareness and proper techniques needed to consistently practice and perform with breath support.*

Each exercise is viewed by video and the series can be purchased by visiting [www.AirRevelation.com](http://www.AirRevelation.com)

## Get Your Breath in Shape!

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## Air Revelation Training - Week 1

**Warmup Step 1** - Introduction to deep core breathing

**Warmup Step 2** - Core Breath & Release

**Warmup Step 3** - Core Breath & Exhalation

**Exercise 1** - The "Basic Spirometer" Exercise

**Exercise 2** - The "Slow Lift" Exercise

**Exercise 3** - The "Slow Descent" Exercise

**Exercise 4** - The "Lift & Decent Control" Exercise

**Exercise 5** - The "Stabilizer" Exercise

## Air Revelation Training - Week 2

**Warmup Step 1** - Introduction to deep core breathing

**Warmup Step 2** - Core Breath & Release

**Warmup Step 3** - Core Breath & Exhalation

**Exercise 1** - The "Basic Spirometer" Exercise

**Exercise 2** - The "Slow Lift" Exercise

**Exercise 3** - The "Slow Descent" Exercise

**Exercise 5** - The "Stabilizer" Exercise

**Exercise 6** - The "Yo-Yo" Exercise

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## Air Revelation Training - Week 3

**Warmup Step 1** - Introduction to deep core breathing

**Warmup Step 2** - Core Breath & Release

**Warmup Step 3** - Core Breath & Exhalation

**Exercise 2** - The "Slow Lift" Exercise

**Exercise 5** - The "Stabilizer" Exercise

**Exercise 7** - The "Crescendo" Exercise

**Exercise 8** - The "Decrescendo" Exercise

**Exercise 9** - The "Pulsating" Exercise

## Air Revelation Training - Week 4

**Warmup Step 1** - Introduction to deep core breathing

**Warmup Step 2** - Core Breath & Release

**Warmup Step 3** - Core Breath & Exhalation

**Exercise 2** - The "Slow Lift" Exercise

**Exercise 5** - The "Stabilizer" Exercise

**Exercise 10** - The "Super Soft" Exercise

**Exercise 11** - The "Subito" Exercise

**Exercise 12** - The "Ball Blaster" Exercise