

The Studio of  
Hannah Stephens

# Breathing

- Posture:** Stand up straight, raise both arms above your head, and slowly lower them, keeping your posture.
- Lift:** Inhale as though you are smelling a rose, or, if you prefer, something delicious baking in the oven! You should feel like there is an inner smile, especially around your cheek bone area. This may feel like you are smiling with your eyes only.
- Expand:** When you inhale, your ribs should expand, not only in the front, but in the back and on the sides, as well. If you cannot feel this while standing, a good exercise is to lay down and place a hand underneath your back.
- Don't Collapse!** Even though it is impossible to keep your ribs out for the entire duration of your exhale, you must attempt to keep them out in the same position as much as possible. Maintain your posture. This takes practice!
- Inhale:** Do not think of this as an active inhalation. If you have not collapsed, the ribs are still expanded, and air will simply fill your lungs easily and efficiently as soon as you let it.
- Capacity:** For efficient breath support, do not over-inhale. If you take too much air into your lungs, your body will want to get rid of the carbon dioxide immediately! Rather, take a comfortably full breath, and know that, with practice, you will be able sustain for longer periods of time.

## Breathing exercises:

Inhale	Suspend	Exhale
1-2-3-4-5	1-2-3-4-5	1-2-3-4-5
1-2-3-4-5-6	1-2-3-4-5-6	1-2-3-4-5-6
1-2-3-4-5-6-7	1-2-3-4-5-6-7	1-2-3-4-5-6-7
	etc.	

Panting: [f f f f f]'[f f f f f]'[f f f f f]'[f f f f f]' [f f f f f]

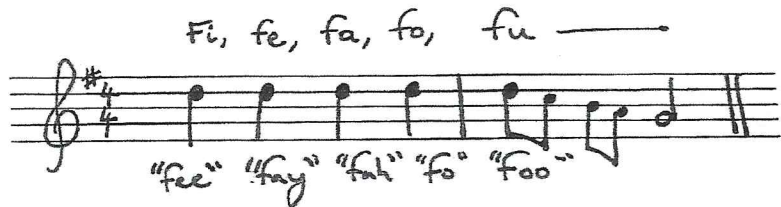
Exercises:

①



5̂-4̂-3̂-2̂-1̂ [m]  
5̂-4̂-3̂-2̂-1̂ [m]-[a]  
5̂-4̂-3̂-2̂-1̂ "ogni" (oh-nyee)  
5̂-4̂-3̂-2̂-1̂ "you"  
5̂-4̂-3̂-2̂-1̂ "new" (n-you)  
5̂-4̂-3̂-2̂-1̂ "rrr"

②



5̂ [fi fe fa fo] - 5̂-4̂-3̂-2̂-1̂ [fu]  
5 [vi ve va vo] - 5̂-4̂-3̂-2̂-1̂ [vu]

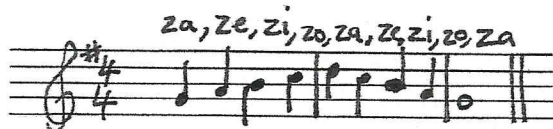
③



1̂-2̂-3̂-4̂-5̂-4̂-3̂-2̂-1̂ [z]

• tongue trills

④



1̂-2̂-3̂-4̂-5̂-4̂-3̂-2̂-1̂ [za ze zi zo za ze zi zo za]

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ri re ra ✓ ri re ra  
"ree" "ray" "rah"

vi va vi va vi va vi va vi

ri- re ra

mi, i → a! a →

5 half steps down and back up, a M3 (ding dong):

3-1-3-1-3-1-3 [m]

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ZE ZA ZE ZA ZE ZA ZE ZA ZE

ZE ZA ZE ZA ZE ZA ZE ZA ZE

we, we, we, we we

we

the, tha, the, tha, the, tha, the, tha

"thay" "thah"

i, e, a

"eeh" "ay" "ah"

[i] - [o] - [i]

"ee"

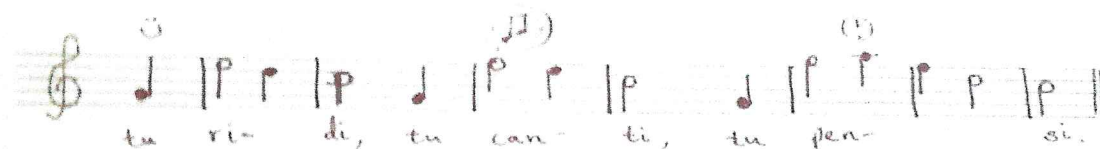
e / a / e / a / e / a / e / a

e e ah ah e e ah ah e ie ah ah e ah

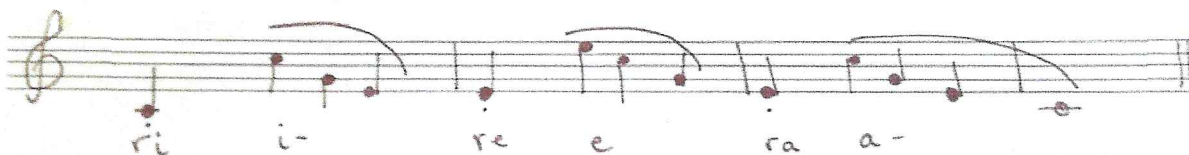
Scale:  $\hat{1}-\hat{1}\hat{2}\hat{3}-\hat{3}\hat{4}\hat{5}-$  [mi- $\alpha$ ] (5<sup>th</sup> scale degree is  $\alpha$ )  
 $\hat{5}\hat{6}\hat{7}\hat{8}\hat{9}\hat{10}\hat{11}-\hat{11}\hat{10}\hat{9}-\hat{9}\hat{8}\hat{7}-\hat{7}\hat{6}\hat{5}\hat{4}\hat{3}\hat{2}\hat{1}$  [ $\alpha$ ]

Staccati:

$\hat{1}-\hat{3}-\hat{5}-\hat{3}-$  [i]     $\hat{1}-\hat{3}-\hat{5}-\hat{3}-$  [e]     $\hat{1}-\hat{3}-\hat{5}-\hat{3}-\hat{1}$  [ $\alpha$ ]



Tu ridi ☺ ;    Tu canti (sing!)    Tu pensi (think.)



Staccato first note of each word, legato afterwards.

# All I Want is a Proper Cup of Coffee!

Handwritten musical score for the song "All I Want is a Proper Cup of Coffee!". The score consists of five staves of music in treble clef, with lyrics written below the notes. The lyrics are: "All I want is a proper cup of coffee in a proper copper coffee pot. I maybe off my dot, but I want a cup of coffee in a proper copper pot! Iron coffee pots and tin coffee pots, they are no use to me. If I can't have a proper cup of coffee in a proper copper coffee pot, I'll have a cup of tea!"

All I want is a proper cup of coffee

In a proper copper coffee pot.

I may be off my dot,

But I want a cup of coffee in a proper copper pot.

Iron coffee pots and tin coffee pots,

They are no use to me.

If I can't have a proper cup of coffee

In a proper copper coffee pot,

I'll have a cup of tea.