



MDH
breathing coordination

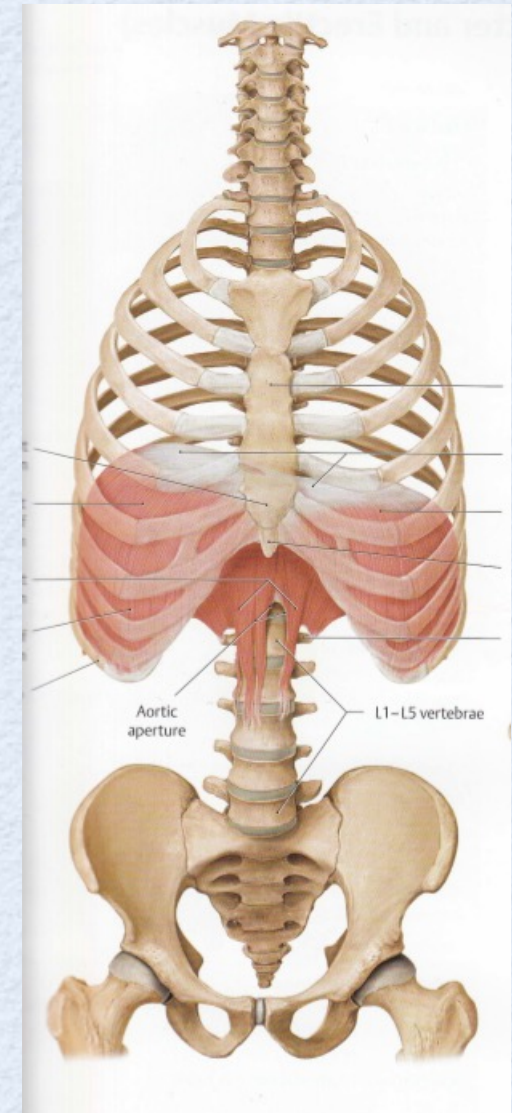
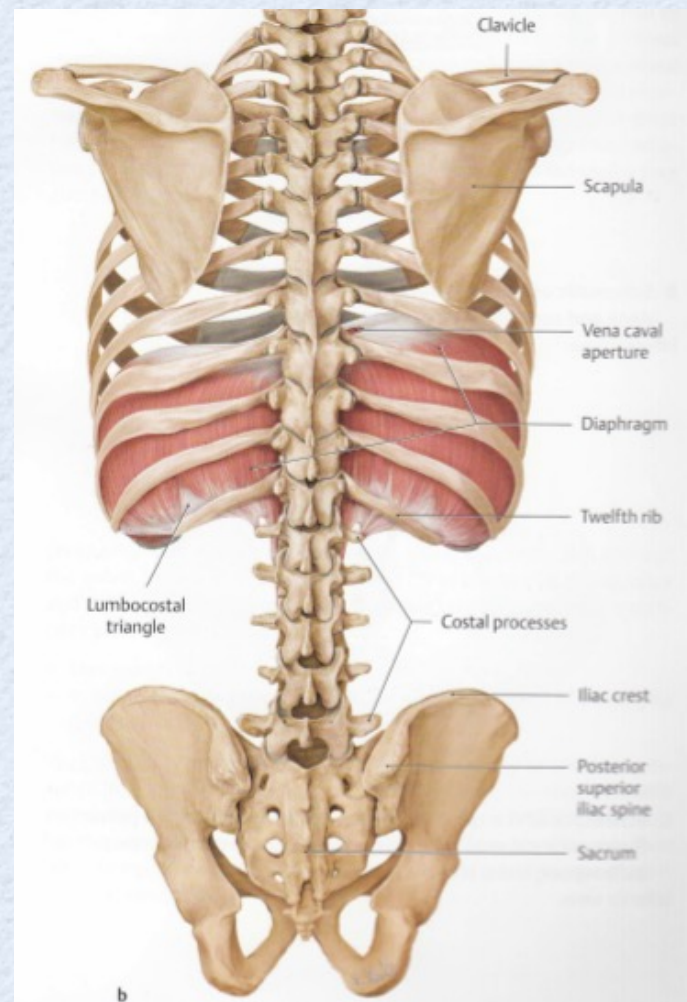
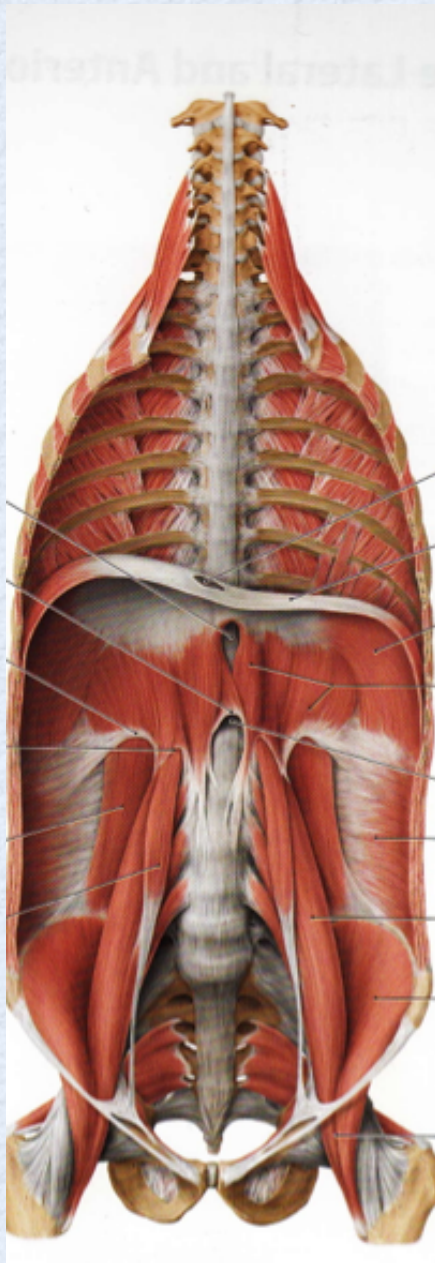
MDH BREATHING COORDINATION

A functional approach to the breathing mechanism

MIDH BREATHING COORDINATION: WHAT HAVE YOU HEARD?

- “Support”
- “Use Appoggio “
- “Stützung”
- “Leaning in the body”
- “Let it take care of itself”
- “Keep your ribs open”
- “Breathe low”, “Belly breathing”

MDH BREATHING COORDINATION : WHAT ARE WE WORKING WITH?

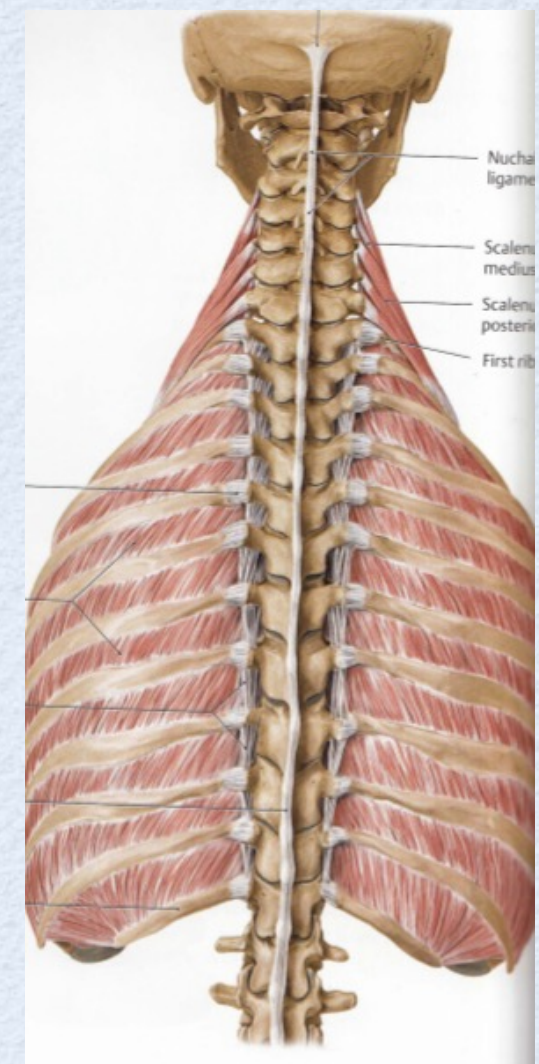
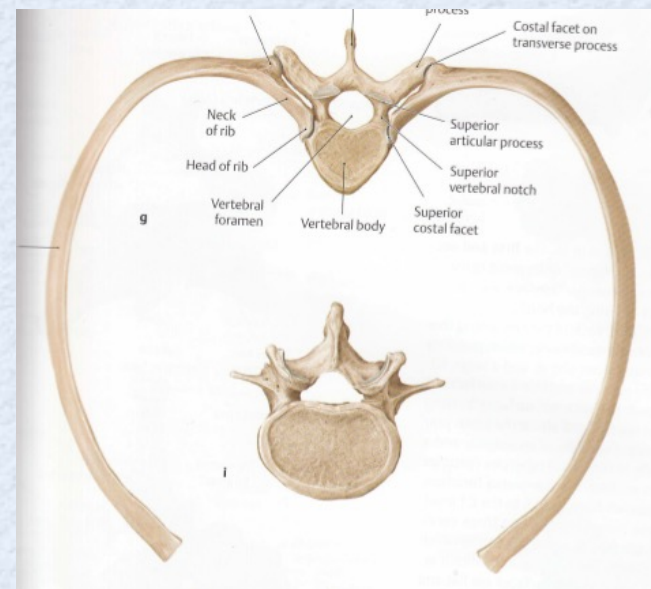
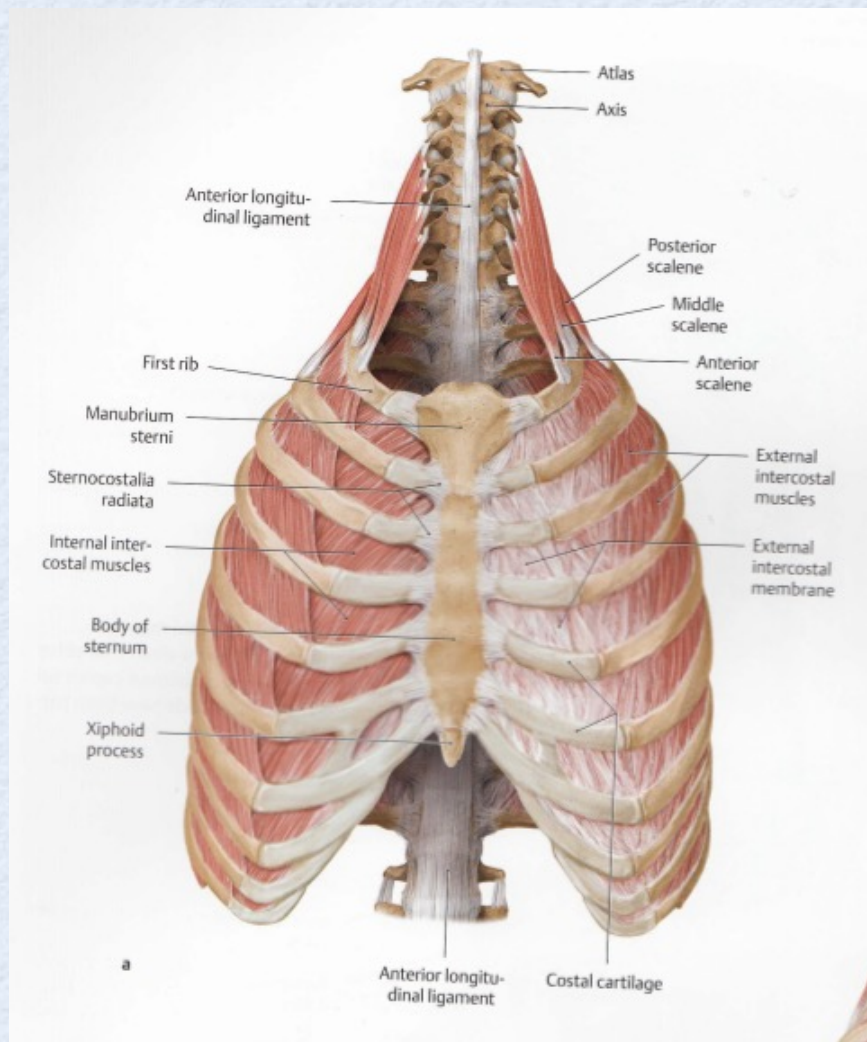


MIDH BREATHING COORDINATION: CONCEPT & PRACTICE

- Concept: The legs influence the quality and duration of the exhale
- Practice: slow movement, Crura visualisation, front-back breathing with hands

MDH BREATHING COORDINATION : MAIN FUNCTIONAL HYPOTHESIS, HOW CAN WE IMPROVE THINGS SIMPLY.

THE SHOULDERS

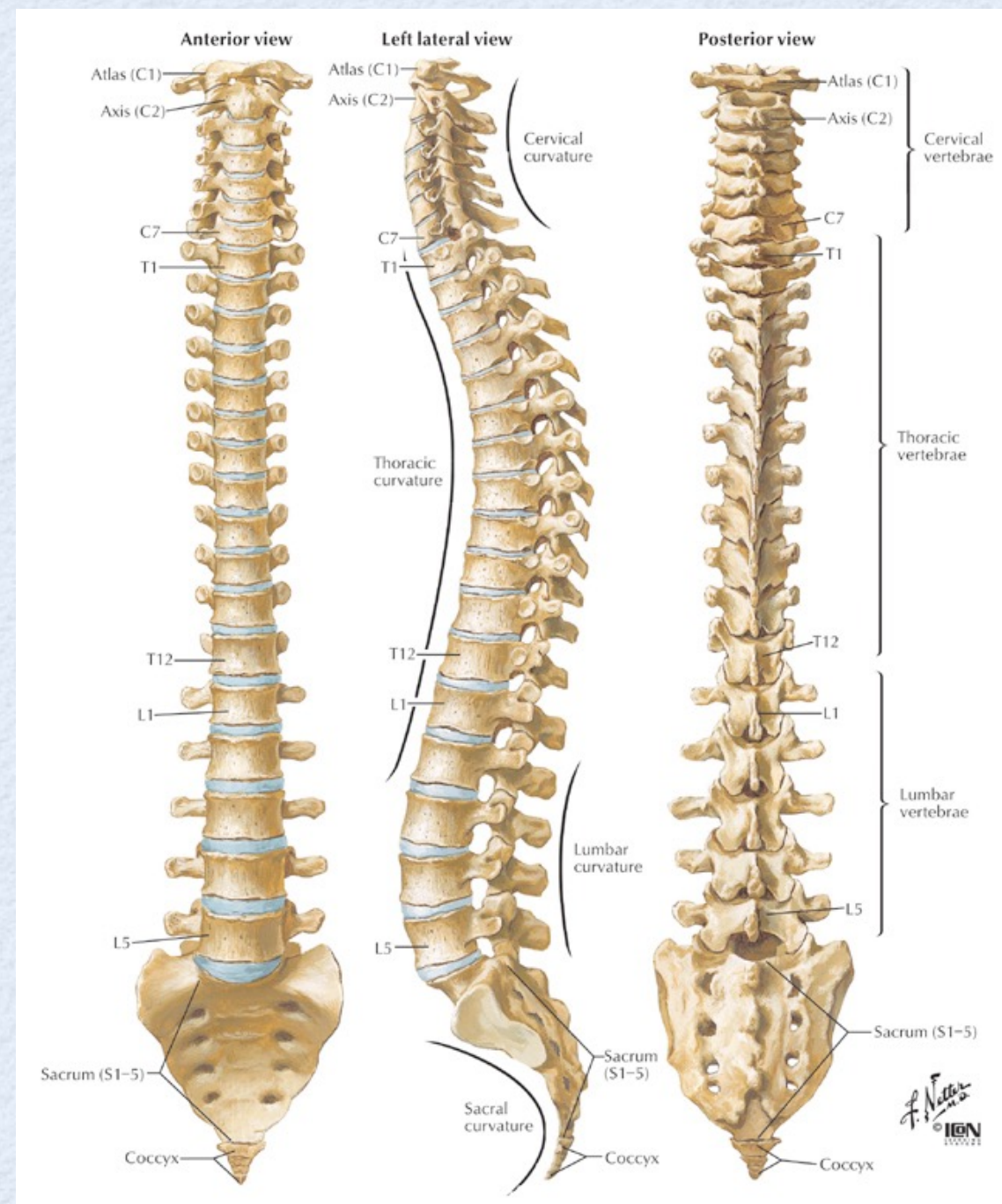


MIDH BREATHING COORDINATION: CONCEPT & PRACTICE

- Concept: if the shoulders press on the ribs they are inhibited in their movement and it decreases the stamina of the breathing mechanism
- Practice: Shoulder circles, 2 boats floating away from each other, small wings

MDH BREATHING COORDINATION : MAIN FUNCTIONAL HYPOTHESIS, HOW CAN WE IMPROVE THINGS SIMPLY.

THE NECK AND THE SPINE

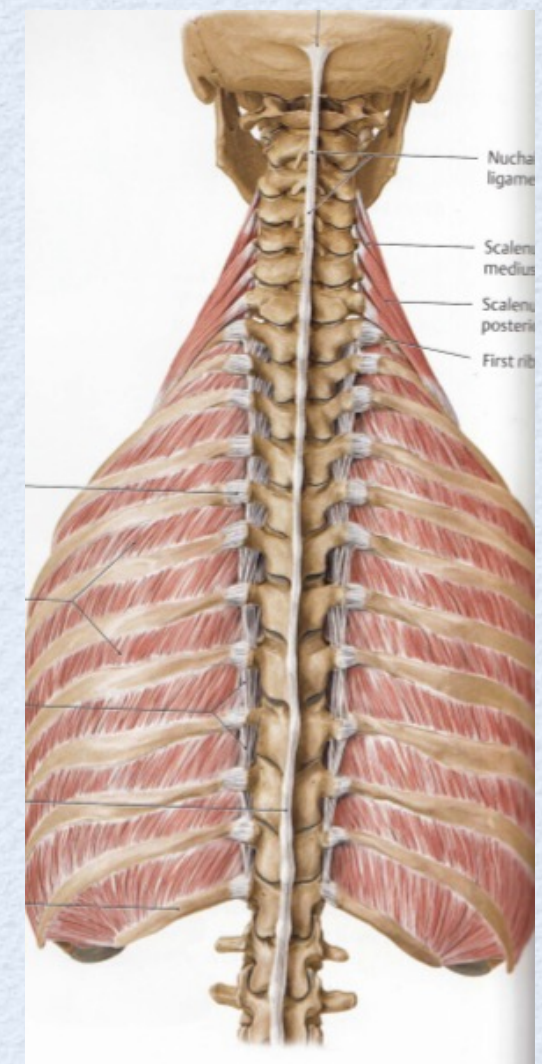
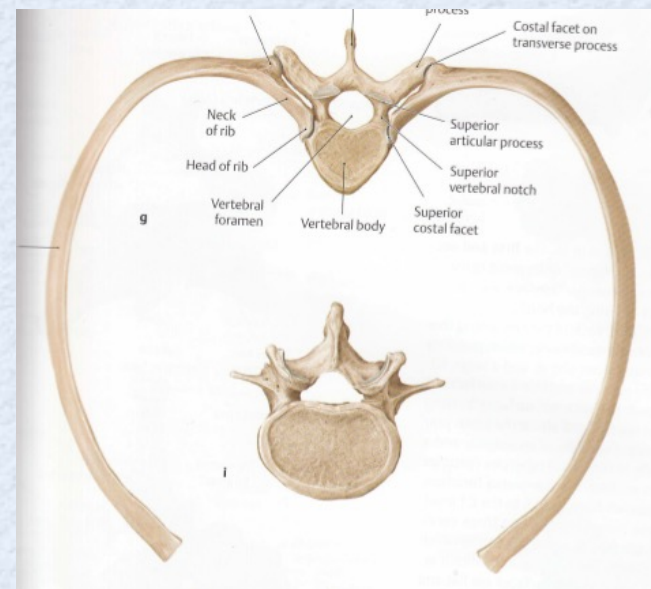
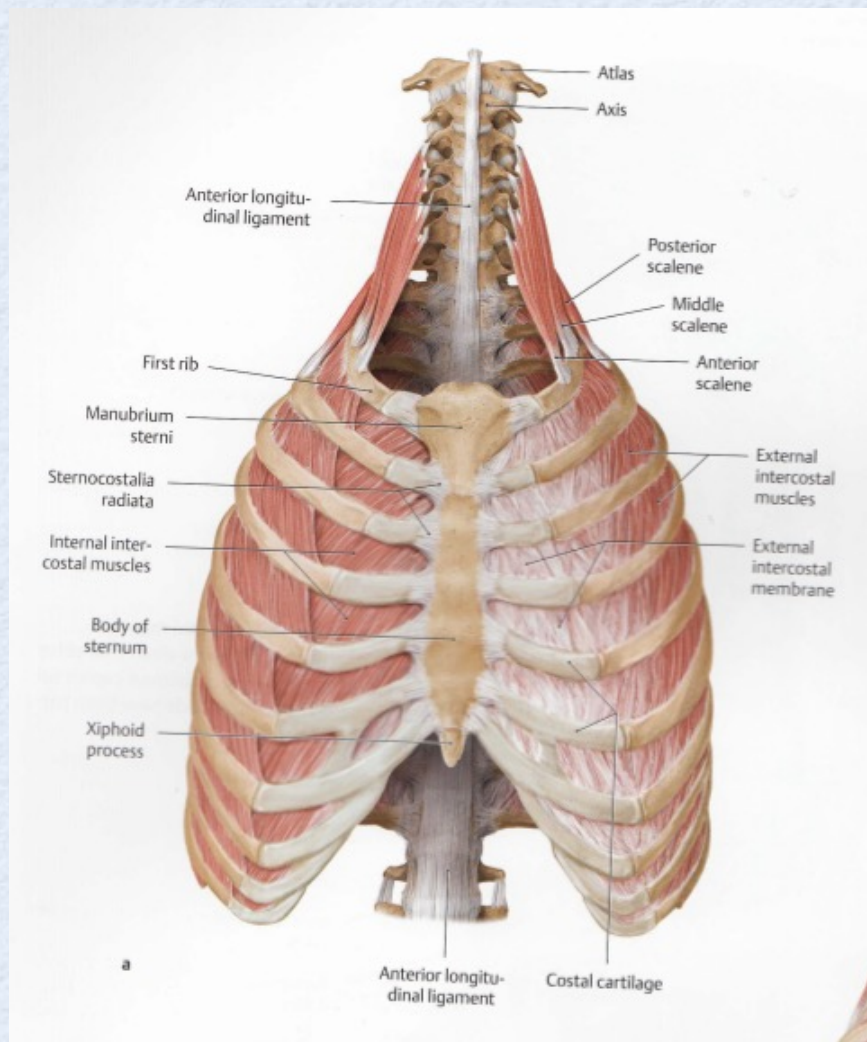


MIDH BREATHING COORDINATION: CONCEPT & PRACTICE

- Concept: If the neck is tensed it influences the pharynx negatively
- Practice: slow movements (no-no), head left-right-low-high, gentle lift
- Concept: If the curves of the spine are imbalanced it diminishes rib mobility
- Practice: 3 moving curves / sacrum assessment

MDH BREATHING COORDINATION : MAIN FUNCTIONAL HYPOTHESIS, HOW CAN WE IMPROVE THINGS SIMPLY.

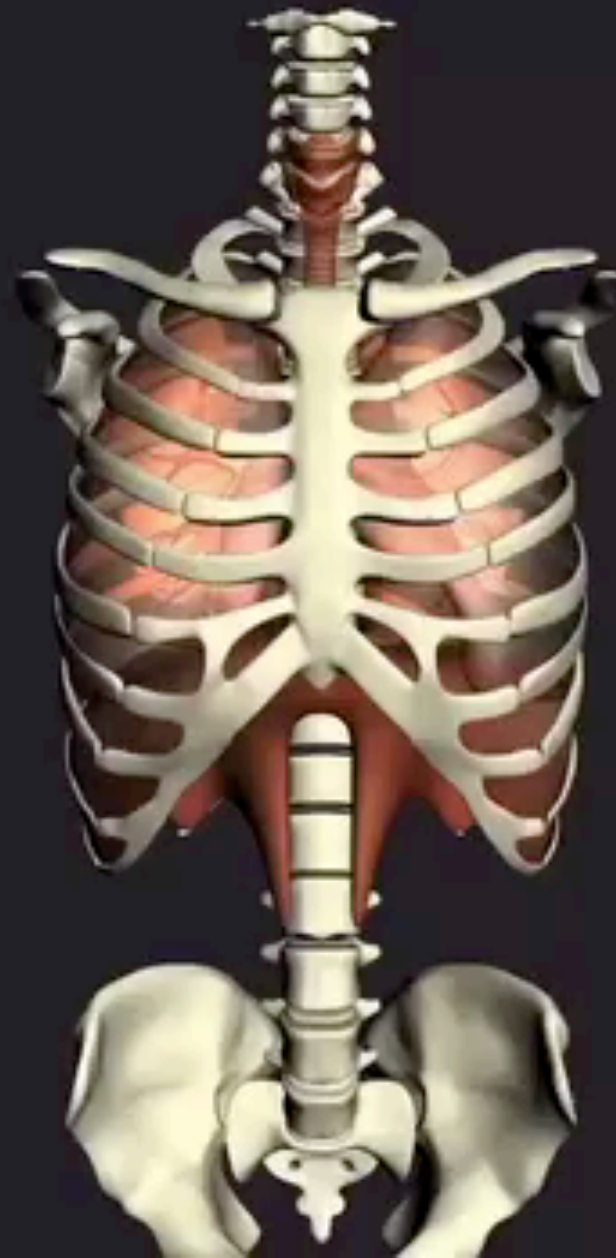
THE RIBS



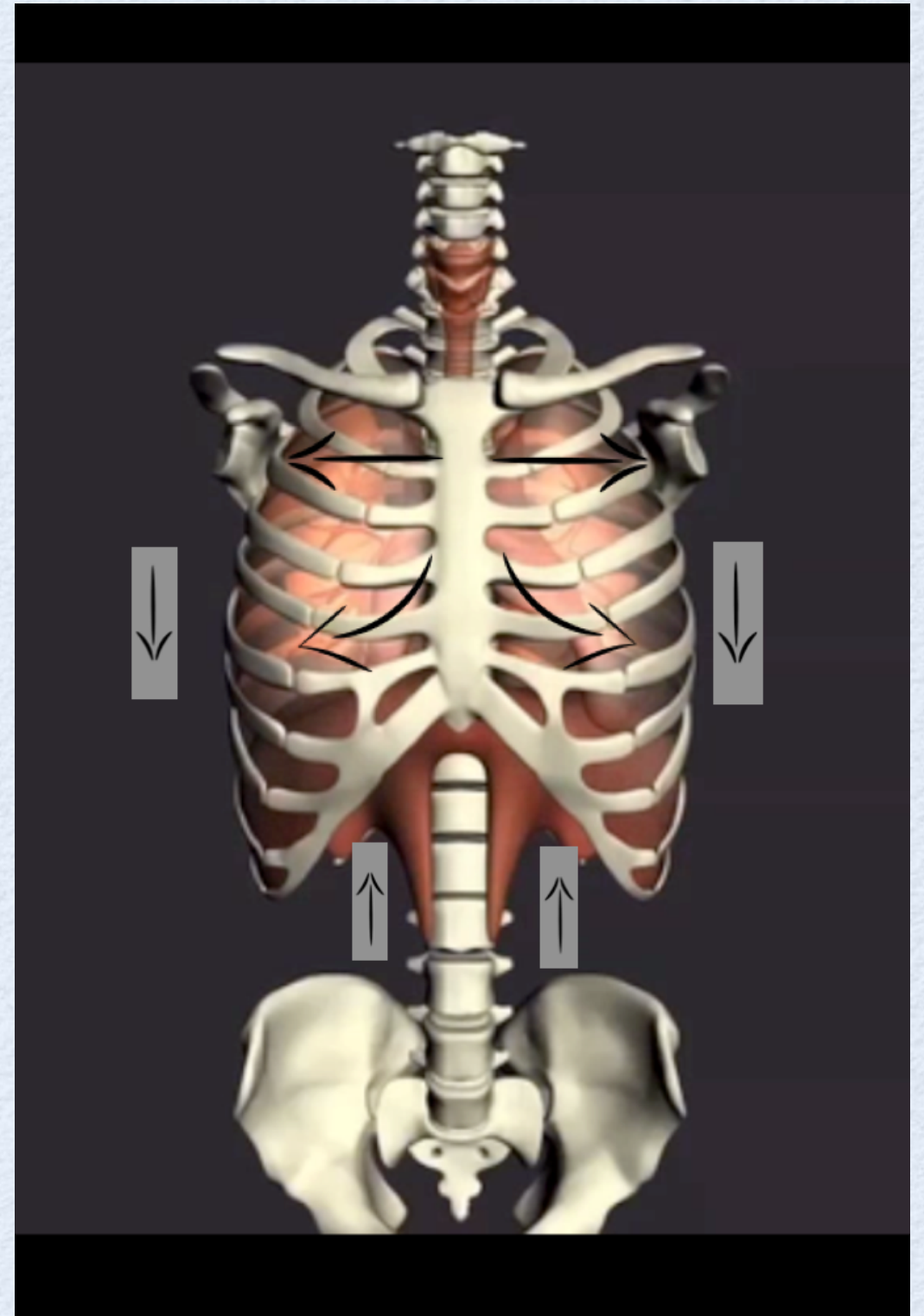
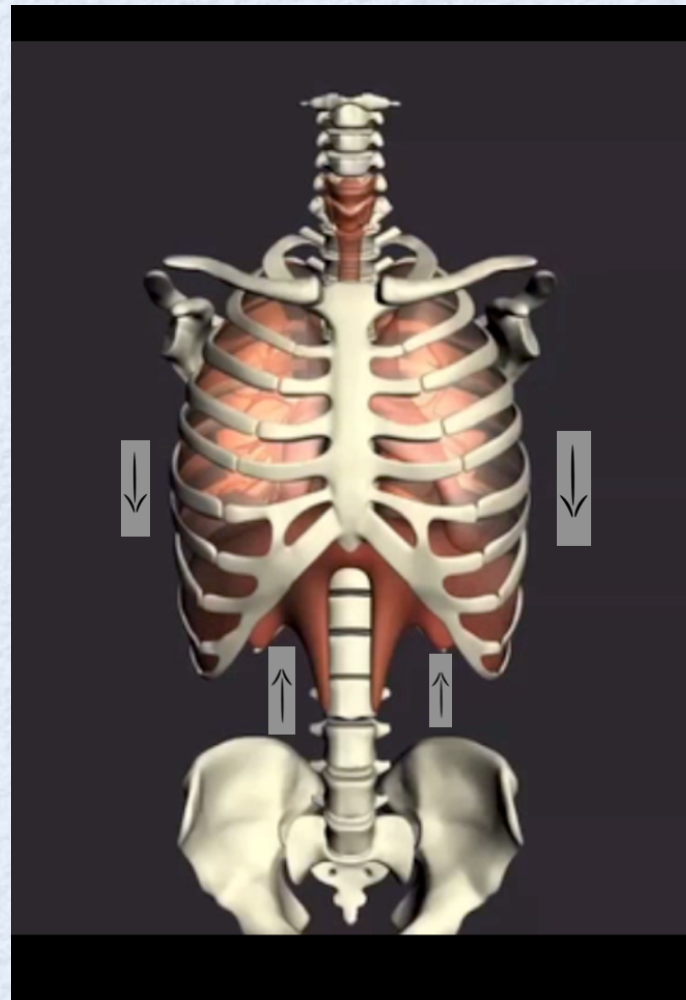
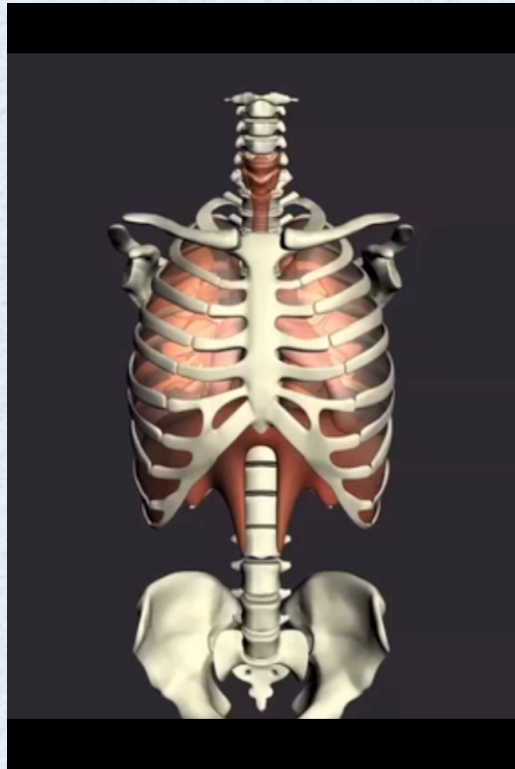
MIDH BREATHING COORDINATION: CONCEPT & PRACTICE

- Concept: If ribs are out of their alignment, they can't move as well. They need a small and steady outflow of air to move.
- Practice: silent numbers, small hiss, little boat
- Concept: costo-abdominal integration promotes healthy movement of the ribs
- Practice: rib sandwich, abdominal self massage
- Concept: chronic hyper inflation is very current and unknown. We call it « the silent killer of the voice »
- Practice: self assessment, voiced numbers followed by silent numbers, flexible ribs

MDH BREATHING COORDINATION: OPTIMAL MOVEMENT



MDH BREATHING COORDINATION: SUPPORT - A COUNTER PRESSURE SYSTEM



MIDH BREATHING COORDINATION: CONCEPT & PRACTICE

- Concept: what is known as « support » is an optimal way for the body to pressurize the airflow and its variations through subtle adjustments of several groups of muscles, including intercostals, back muscles, all abdominals, diaphragm and more
- Practice: multiple self assessment through resistance on outflow. Making sure all areas are covered.

MDH BREATHING COORDINATION: "LA VOIE DE LA VOIX"



THE PATH OF THE VOICE

"A world class reference in the art of singing. Encounter the specialist in this revolutionary method..."

— Stéphane Gobbo, *L'hebdo*

"At last light is shed on the sometimes unclear or misleading images that are used by voice teachers to guide the aspiring singers!"

— Séverine Nectoux, Speech Therapist

"I believe that Robin's practice would be an extraordinarily valuable addition to any training or development program focused on leadership or communication."

— Albrecht Enders, Professor of Strategy and Innovation, IMD, Lausanne, Switzerland

"After a few months of work with Robin, I returned to the ENT, and we found that my vocal cords had completely healed."

— Anne-Sophie Rohr Cettou, Actress

"Revolutionary. Fascinating. Robin De Haas' gift is shared through this book. You will discover the human instrument and how it works."

— Tania Chytil, Journalist, National News, Swiss Television

"Robin's words, both passionate and empowering, have opened for me the gates of vocal freedom."

— Yann Lambiel, Comedian and Impersonator

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Robin
De Haas

ROBIN DE HAAS



In 2015, world-renowned vocal consultant Robin De Haas authored the highly acclaimed *La Voie de la Voix*, published by Les Éditions Favre, the largest French-language publisher in Switzerland.

Born and raised in Switzerland, De Haas received his *Diplôme d'Enseignement du Chant* from the prestigious *Haute École de Musique de Lausanne* and studied with prominent instructors throughout Europe and the U.S.. Driven to question, research and analyze existing models of methodology for both classical and contemporary styles of singing, De Haas began a long and fruitful collaboration with Lynn Martin, professor of anatomy at New York University, and instructor of both Breathing Coordination and Functional Anatomy. He later designed the certification program for the practice combining these two elements, further refining them through the addition of precise elements of vocal pedagogy.

As of this publication, fifty practitioners from seven countries have been meticulously trained by Martin and De Haas. Robin De Haas has presented for the Manhattan School of Music, the Swiss Pulmonary League, and in 2017 for the French-equivalent national chapter of NATS (National Association of Teachers of Singing) in Paris, France.

Robin De Haas works in collaboration with several members of the medical community for the application of his work in the field of pathologies. Ironically, physical limitations required of him a level of technical precision beyond what would normally be required of a singer, and this precision has set him apart as an instructor. "*La Voie de la Voix*" is often described as "revolutionary" and is currently in its second printing in French in addition to this English-language publication.

THE PATH OF THE VOICE

A Functional Approach
to the Human Instrument

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