

## Abstract

This thesis deals with Žilka's method – the use of recorder in musicotherapy. It consists of the basic facts about the influence of sound and healthy breathing on human's mind and body. It describes life and activities of Czech flute player and music teacher Václav Žilka, who brought the recorder to light in the 2nd half of 20th century. Introductory part of the thesis focuses on historical background. The practical part mentions the Žilka's method that includes the analysis of flute practice book *Veselé pískání – zdravé dýchání*, practical comments, breath exercises and musico-educational projects for children. The example of breath exercise and chronology of Žilka's life is an important appendices.

Key words: Recorder, musicotherapy, children, respiratory diseases.