

The goal of this thesis is to create system of meaningful breathing exercises suitable for continuous improvement of singer's breath. In order to reach our goal, we had to divide this thesis into two fundamental parts; theoretical and practical. The theoretical part describes anatomical and - physiological relationship among parts of upper airways, breathing muscles, and theory, which emphasizes the importance of breath control achieved through conscious exercises. The practical part consists of five independent sections, each containing exercises for practicing basic breathing types. Correct performance of these exercises, greatly enhances the overall respiratory function capability, improves kinaesthesia not only for respiratory muscles, but also for muscles providing postural function. Furthermore, properly executed exercises also improve awareness, which must be an integrant of the all exercises which we indicate for singer's breath training.