

# Breathing Limbo

How slow can you go?

ABF

Set metronome on a medium fast speed such as 96.

Flute

Turn metronome down a notch.

simile

Move metronome down again.

Continue getting slower

When you get to the point where you can no longer play the entire scale in one breath, DON'T CONTINUE!  
It's very important to take a deep breath when you run out, then start the scale again.

Try it in other keys.

Record your progress.