



Voice-Body Movement Activity for the Remo Drum Table™

Activity 1: Belly Bugle Breath

Statement of Intention: Belly Bugle Breath

This activity is intended to stimulate the relaxation response and reduce stress through a synchronized abdominal breath, and vocal lip hum, supported by the vibration from the Drum Table with Comfort Sound Technology. It is not a music therapy protocol.

Belly Bugle Breath

Connecting abdominal breath with vocal and drum vibration

Skills

Development/expansion of abdominal breath with nasal inhalation, oral articulation, lip humming/harmonics, whole body listening

Set-Up

Seated or standing. No mallets

Process

1. Feet flat on the floor, tall spine (whether seated or standing)
2. Inhale through the nose while allowing the belly to expand
3. Exhale by vocalizing the sounds OH–UUU–MMM*
4. Tap the drum with open palms as you vocalize/articulate each part of the OH-UUU-MMM
5. Feel the drum vibrate against palms as you phonate, keeping palms close to drum
6. Repeat the process at least 3 times

**Vocalizing of the OH–UUU–MMM may be chanted, sung on a musical pitch, and/or sung on a musical pattern (i.e. ascending/descending 3rds).*

Supporting Resources & Research for This Activity

The Conscious Ear: My Life of Transformation Through Listening

by Alfred A. Tomatis (Author), Marilyn Ferguson (Foreword), Don Campbell (Foreword)

Research: Nasal Respiration Entrain Human Limbic Oscillations & Modulate Cognitive Function

Research: Stress Management Techniques: A Summary of evidence based procedures

Research: Diaphragmatic Breathing reduces exercise oxidative stress in athletes

Research: Breathing, voice, and movement therapy: applications to breathing disorders