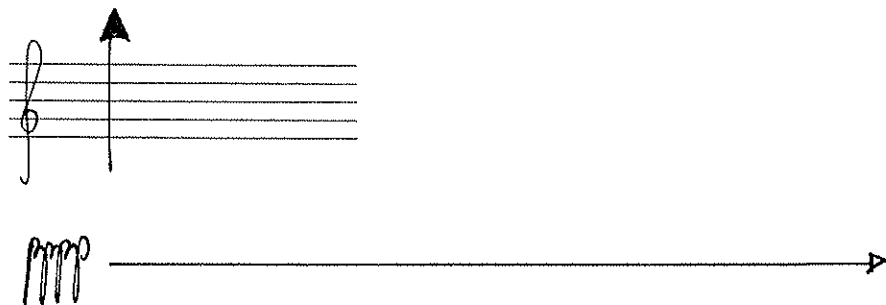


Returning to Normal
for tuba

by Edward
Henderson



Hold an extremely high and quiet note for as long as possible.

When finished, wait until your breathing has returned to normal.

repeat.

9 minutes (or any duration)