

## Einsingen

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*Durch die Nase oder auf f in den Rücken einatmen, Schultern kreisen nach oben.  
Ausatmen auf f oder sch, Schultern kreisen nach unten.*

A musical score for soprano voice, featuring a treble clef and common time. The vocal line consists of six measures, each starting with a sharp sign. The lyrics "sch" are repeated in each measure, with dynamic markings "f" above the first five "sch"s and a "ff" above the last one.

4 Nacken und Knie lösen, Marionettenfaden, Länge nach unten.  
(Halbvokale)

<sup>7</sup> Abwärts. Immer leise, in der Tiefe nicht drücken.

Musical score for 'Abwärts'. The score consists of two staves. The first staff starts with a treble clef, a key signature of one sharp, and a 3/4 time signature. It contains six notes: a quarter note followed by three eighth notes, a half note, and another half note. Below the staff, the vocalization 'u' is written on a horizontal line. The second staff begins with a bass clef, a key signature of one sharp, and a 3/4 time signature. It contains five notes: a quarter note followed by three eighth notes, and a half note. Below the staff, the vocalization 'u' is followed by 'lu', 'la', and 'li' on separate horizontal lines.

## *11. Aufwärts. Übergehen in nächste Übung.*

A musical score for voice and piano. The vocal line consists of two staves of sixteenth-note patterns. The lyrics are as follows:

lu li lu li lu li lu li lu  
li la li la li la li la li  
su si su si su si su si su  
vi va vi va vi va vi va vi

The piano accompaniment features eighth-note chords in the right hand and eighth-note bass notes in the left hand.

**15** Aufwärts. *Qunite tiefer anfangen als Übung vorher.*

A musical score for voice and piano. The vocal line starts with a dotted half note followed by eighth notes. The piano accompaniment consists of eighth-note chords. The lyrics "li schi" are written below the staff.

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li schi li schi lu - i o - a a - i - se - se - da

A musical score for page 21, featuring two staves of music. The top staff consists of six measures of 2/4 time, common C major, with a treble clef. The bottom staff consists of six measures of 2/4 time, common C major, with a bass clef. The lyrics are written below each staff, corresponding to the notes. The lyrics are: si sa si sa si sa si vi va vi va vi vi bu bi bu bi bu bu bli bla bli bla bli bli bli bli bla bli bla bli.

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mi  
ni  
li  
vi/si...

mu mu mi mi ma mu mu mi mi ma mu mu mi mi ma  
nu nu ni ni na nu nu ni ni na nu nu ni ni na  
lu lu li li la lu lu li li la lu lu li li la

29 *Intonation* mi-ni - mal *Seufzen* mi-ni - mal