

Side Note: When you accompany someone who is singing or playing an instrument, I've learned that if I can play my part on the piano and follow their breathing patterns, it puts me much more in synch with the performance. It might sound silly, but it works, and if you think about it, you are singing with your fingers... and when you sing, you need to breathe.

Even when you aren't playing piano with anyone else, if you take a deep breath when the melody naturally wants to take a breath, it will make a huge difference in how you play and connect with the music.

This song felt like it was about relaxing and taking a breath. As I created it, I tried to focus on relaxing and the feeling you get as you take a few deep breaths to stay calm.

Exhale

With Emotion

JASON TONIOLI

The musical score for "Exhale" is written for piano in 4/4 time. It consists of three systems of music. The first system begins with a mezzo-piano (*mp*) dynamic. The right hand plays a melodic line with eighth and quarter notes, while the left hand provides a bass line with quarter and eighth notes. The second system starts at measure 5, and the third system starts at measure 9. The piece ends with a key signature change to one sharp (F#) in the final measure of the third system.