



LEARN TO IMPROVE YOUR BREATHING WHILE PLAYING THE HARMONICA

This series of courses are designed to improve the pulmonary function of individuals who are experiencing difficulties in breathing. For the first session in the series, the focus will be on teaching you different exercises with the harmonica to improve your breathing. We will move into playing simple songs by the end of the session. Intermediate classes offer additional exercises to work the lungs and improve their function. All classes are held via Zoom and require a harmonica to participate.

The classes are taught by Larry Vesely RRT, who has 24 years of experience as the Lead Respiratory Therapist at a hospital-based Cardiopulmonary Rehabilitation program and 13 years of experience teaching harmonica to respiratory impaired patients (COPD, asthma, pulmonary fibrosis, lung transplant, as well as other health issues including cardiovascular issues, tobacco cessation, etc.). He has presented this harmonica program to Cardiopulmonary Rehabilitation and Respiratory Care conferences nationally. Larry also plays harmonica and piano professionally.

- Beginning harmonica classes, which will also focus on the health benefits, are held on the first Monday of the month.
- Intermediate classes are held on the second and fourth Mondays of the month.
- Classes start promptly at 7 pm EST and will run for approximately an hour.
- You will need a diatonic 10-hole harmonica in the key of C. Any quality is acceptable for a beginner. Muting while you play is totally acceptable.

Contact Larry Vesely to receive Zoom meeting information:

Lawrencevesely1@gmail.com

For more information on playing harmonica to improve your health, go to:

www.readingmusic1.com

This program is based on a book written by Mary Jane Gormley and Larry Vesely, [Harmonicas for Health: A Guide to Breathing Better](#) (2009), which can be downloaded from the above website. Portions of the book will be used in the classes.