To vibrate SATANAS:

**S**
Breathe in, and then partially close your glottis making a hissing sound like a cat or a serpent, extending the exhale.

**A**
Then breathe in and vibrate AHHHHHHH on the exhale.

**T**
Breathe in, then put your tongue on your hard palate right above your front teeth, and vibrate between a ZZZZ and THTHTH on the exhale.

**A**
Then breathe in and vibrate AHHHHHHH on the exhale.

**N**
Vibrate NNNNNNNNNN

**A**
Then breathe in and vibrate AHHHHHHH on the exhale.

**S**
Breathe in, and then partially close your glottis making a hissing sound like a cat or a serpent, extending the exhale.