

Breath-Stream: wind from the South

repeat x 10
while hearing the movement of your breath

Musical notation on a treble clef staff. A whole note is marked with a curved line above it labeled "for the length of your inhale". This is followed by a half note with a curved line above it labeled "for the length of your exhale" and a fermata above it labeled "n". Below the staff, the text "On voice:" is on the left and "(hum)" is on the right.

repeat x 10
while hearing/feeling/seeing the movement of wind

Musical notation on a treble clef staff. A whole note is marked with a curved line above it labeled "for the length of your inhale". This is followed by a half note with a curved line above it labeled "for the length of your exhale" and a fermata above it labeled "n". Below the staff, the text "On your instrument:" is on the left.

repeat x 5
while visualizing the sound being carried into the stream of wind currents

Musical notation on a treble clef staff. It consists of four measures. The first measure has a whole note with a curved line above it labeled "inhale length". The second measure has a half note with a curved line above it labeled "exhale length". The third measure has a whole note with a curved line above it labeled "inhale length". The fourth measure has a half note with a curved line above it labeled "exhale length" and a fermata above it labeled "n". Below the staff, the text "On your instrument:" is on the left and "On voice: [h] (like fogging up a mirror)" is on the right.

repeat x 3
while visualizing the sound traveling across the Earth surface with the wind current

Musical notation on a treble clef staff. The first measure contains a sequence of notes: G4, A4, B4, C5, B4, A4, G4. A dot is placed above the G4 note. The second measure contains a sequence of notes: G4, A4, B4, C5, B4, A4, G4. A dot is placed above the G4 note. The third measure contains a sequence of notes: G4, A4, B4, C5, B4, A4, G4. A dot is placed above the G4 note. The fourth measure contains a sequence of notes: G4, A4, B4, C5, B4, A4, G4. A dot is placed above the G4 note. Below the staff, the text "On your instrument:" is on the left. A legend above the staff states "• = energy of wind you are hearing/feeling/seeing".

Pick a pitch of your choice to play and/or sing 10 times for any lengths, reacting to the wind

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repeat x 10
while hearing the movement of your breath

for the length of your inhale for the length of your exhale *n*

On voice: (hum)

Detailed description: A musical staff in treble clef with a double bar line at the beginning. It shows two notes on a middle line. The first note is a quarter note with a curved line above it labeled 'for the length of your inhale'. The second note is a half note with a curved line above it labeled 'for the length of your exhale' and a small 'n' at the end of the line. Below the staff, the text 'On voice: (hum)' is written.

repeat x 10
while hearing/feeling/seeing the movement of wind

for the length of your inhale for the length of your exhale *n*

On your instrument:

Detailed description: A musical staff in treble clef with a double bar line at the beginning. It shows two notes on a middle line. The first note is a quarter note with a curved line above it labeled 'for the length of your inhale'. The second note is a half note with a curved line above it labeled 'for the length of your exhale' and a small 'n' at the end of the line. Below the staff, the text 'On your instrument:' is written.

repeat x 5
while visualizing the sound being carried into the stream of wind currents

inhale length exhale length inhale length exhale length *n*

On your instrument: On voice: [h] (like fogging up a mirror)

Detailed description: A musical staff in treble clef with a double bar line at the beginning. It shows four notes on a middle line. The first is a quarter note with a curved line above it labeled 'inhale length'. The second is a half note with a curved line above it labeled 'exhale length'. The third is a quarter note with a curved line above it labeled 'inhale length'. The fourth is a half note with a curved line above it labeled 'exhale length' and a small 'n' at the end of the line. Below the staff, the text 'On your instrument:' is on the left and 'On voice: [h] (like fogging up a mirror)' is on the right.

repeat x 3
while visualizing the sound traveling across the Earth surface with the wind current

• = energy of wind you are hearing/feeling/seeing

On your instrument:

Detailed description: Two musical staves in treble clef. The top staff has four groups of notes, each starting with a quarter note followed by a half note, with a curved line above the notes. The bottom staff has four groups of notes, each starting with a quarter note followed by a half note, with a curved line above the notes. A legend at the top left says '• = energy of wind you are hearing/feeling/seeing'. Below the staves, the text 'On your instrument:' is written.

Pick a pitch of your choice to play and/or sing 10 times for any lengths, reacting to the wind

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for the length of your inhale for the length of your exhale *n*

On voice: (hum)

repeat x 10
while hearing/feeling/seeing the movement of wind

for the length of your inhale for the length of your exhale *n*

On your instrument:

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inhale length exhale length inhale length exhale length *n*

On your instrument: On voice: [h] (like fogging up a mirror)

repeat x 3
while visualizing the sound traveling across the Earth surface with the wind current

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On your instrument:

Pick a pitch of your choice to play and/or sing 10 times for any lengths, reacting to the wind

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for the length of your inhale for the length of your exhale *n*

On voice: (hum)

Detailed description: A musical staff in treble clef with a double bar line at the end. A horizontal line above the staff spans the entire width. Underneath this line, two curved lines indicate durations: the first is labeled 'for the length of your inhale' and the second is labeled 'for the length of your exhale' with a small 'n' at its end. Below the staff, a semibreve note is positioned under the inhale line, and a long, curved line representing a hum is positioned under the exhale line.

repeat x 10
while hearing/feeling/seeing the movement of wind

for the length of your inhale for the length of your exhale *n*

On your instrument:

Detailed description: A musical staff in treble clef with a double bar line at the end. A horizontal line above the staff spans the entire width. Underneath this line, two curved lines indicate durations: the first is labeled 'for the length of your inhale' and the second is labeled 'for the length of your exhale' with a small 'n' at its end. Below the staff, a semibreve note is positioned under the inhale line, and a long, curved line representing an instrument sound is positioned under the exhale line.

repeat x 5
while visualizing the sound being carried into the stream of wind currents

inhale length exhale length inhale length exhale length *n*

On your instrument: On voice: [h] (like fogging up a mirror)

Detailed description: A musical staff in treble clef with a double bar line at the end. A horizontal line above the staff spans the entire width. Underneath this line, four curved lines indicate durations: 'inhale length', 'exhale length', 'inhale length', and 'exhale length' with a small 'n' at its end. Below the staff, there are four semibreve notes corresponding to these durations. The first two notes are under the first 'inhale length' and 'exhale length' respectively. The last two notes are under the second 'inhale length' and 'exhale length' respectively. The note under the second 'exhale length' has a diamond symbol below it.

repeat x 3
while visualizing the sound traveling across the Earth surface with the wind current

• = energy of wind you are hearing/feeling/seeing

On your instrument:

Detailed description: Two musical staves in treble clef. The top staff has a double bar line at the end. A horizontal line above the top staff spans the entire width. Below this line, four curved lines indicate durations. Underneath these durations, there are four groups of notes: each group consists of a semibreve note followed by a series of eighth notes. The first group is under the first duration, the second under the second, the third under the third, and the fourth under the fourth. The notes in each group are connected by a slur. The bottom staff has a double bar line at the end and contains four groups of notes, each corresponding to the groups in the top staff.

Pick a pitch of your choice to play and/or sing 10 times for any lengths, reacting to the wind