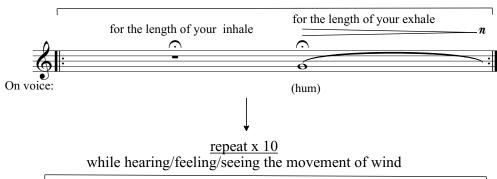
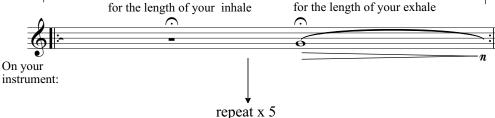
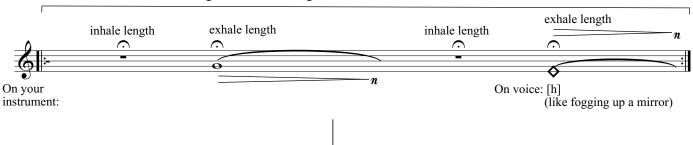
Breath -stream: wind from the South

repeat x 10 while hearing the movement of your breath

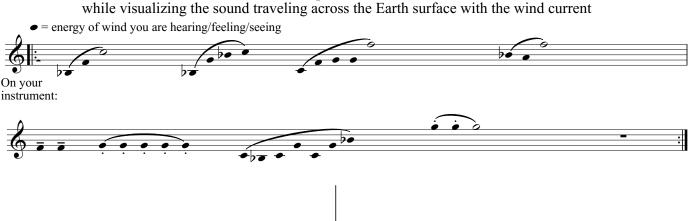




while visualizing the sound being carried into the stream of wind currents



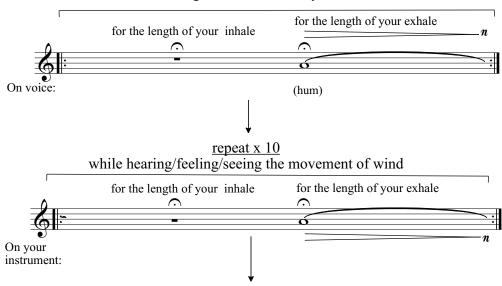
repeat x 3



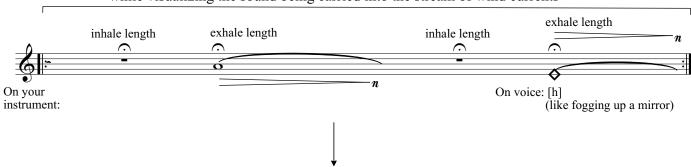
Pick a pitch of your choice to play and/or sing 10 times for any lengths, reacting to the wind

Breath-stream: wind from the South

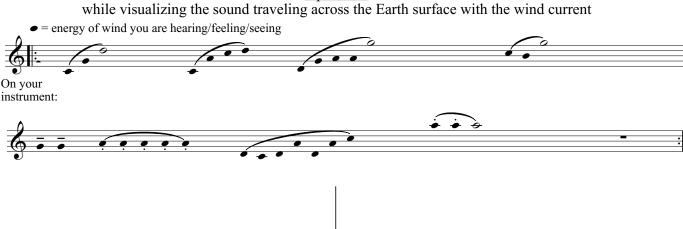
repeat x 10 while hearing the movement of your breath



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



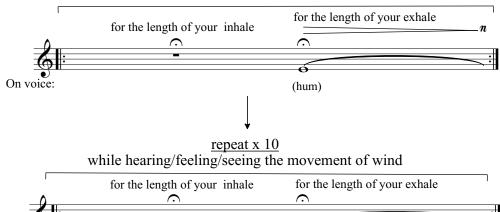
repeat x 3



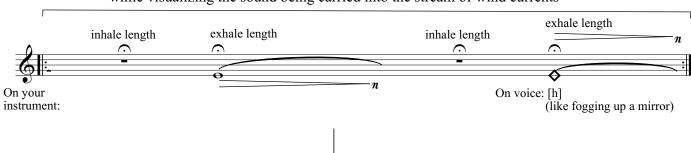
Pick a pitch of your choice to play and/or sing 10 times for any lengths, reacting to the wind

Breath-stream: wind from the South

repeat x 10 while hearing the movement of your breath



while visualizing the sound being carried into the stream of wind currents



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

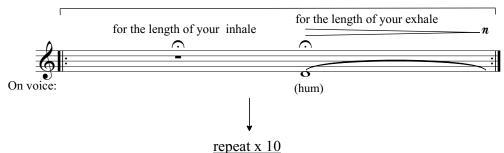




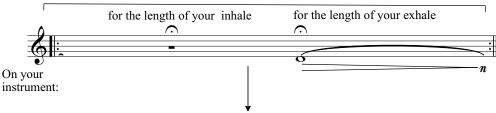
Pick a pitch of your choice to play and/or sing 10 times for any lengths, reacting to the wind

Breath-stream: wind from the South

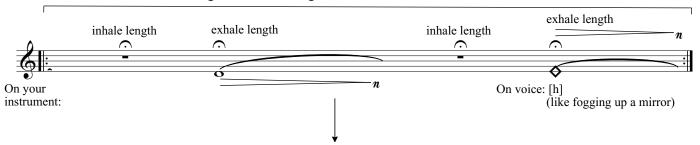
 $\frac{\text{repeat x } 10}{\text{while hearing the movement of your breath}}$



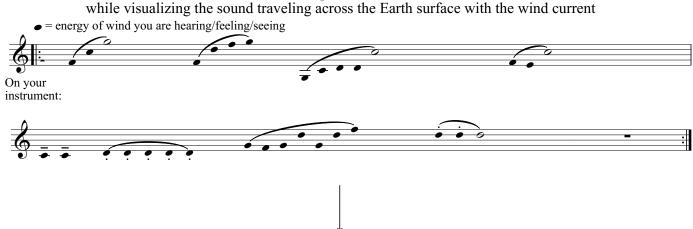
while hearing/feeling/seeing the movement of wind



 $\frac{\text{repeat x 5}}{\text{while visualizing the sound being carried into the stream of wind currents}}$



repeat x 3



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