

# Breath-Stream: wind from the North

repeat x 5  
while hearing the movement of your breath

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

On voice: (hum)

repeat x 5  
while hearing/feeling/seeing the movement of wind

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

On your instrument:

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

exhale length inhale length exhale length inhale length

On your instrument: n On voice: [θ] (whispered)

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:

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

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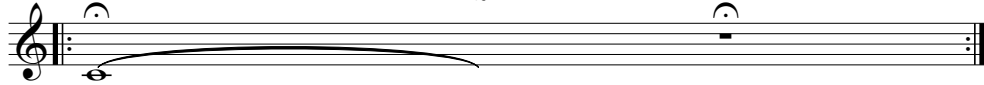
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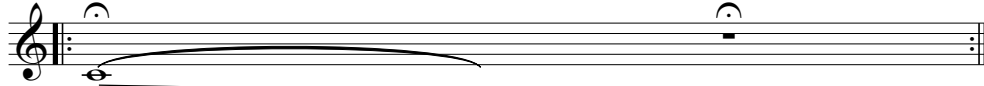


On voice: (hum)

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On your instrument:

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On your instrument:  $n$  On voice: [θ] (whispered)


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On your instrument:



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