

# Breath-Stream: wind from the West

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  $n$  inhale length

On your instrument: On voice: [s] (whispered)

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

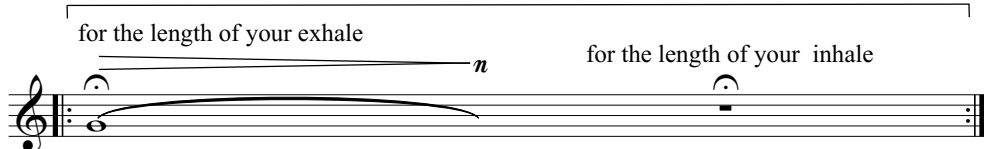
• = energy of wind you are hearing/feeling/seeing

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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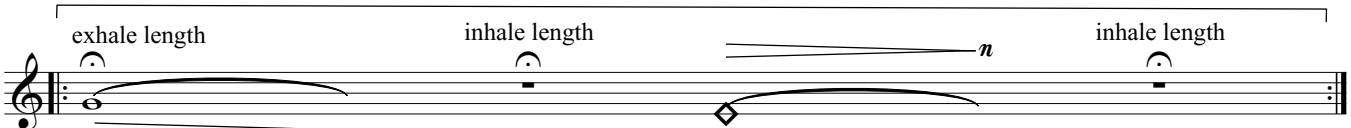
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On your instrument: On voice: [s] (whispered)

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while visualizing the sound traveling across the Earth surface with the wind current

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On your instrument:



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# Breath-Stream: wind from the West

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A musical staff in treble clef with a single note on a middle line. A long horizontal line above the staff is divided into two sections: the left section is labeled "for the length of your exhale" and contains a slur over the note with a small "n" below it; the right section is labeled "for the length of your inhale" and contains a slur over the note with a small "n" below it. Below the staff, the text "On voice: (hum)" is written.

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

A musical staff in treble clef with a single note on a middle line. A long horizontal line above the staff is divided into two sections: the left section is labeled "for the length of your exhale" and contains a slur over the note with a small "n" below it; the right section is labeled "for the length of your inhale" and contains a slur over the note with a small "n" below it. 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

A musical staff in treble clef with a single note on a middle line. A long horizontal line above the staff is divided into four sections: the first is labeled "exhale length" with a slur and "n" below; the second is labeled "inhale length" with a slur and "n" below; the third is labeled "inhale length" with a slur and "n" below; the fourth is labeled "inhale length" with a slur and "n" below. Below the staff, the text "On your instrument:" is on the left and "On voice: [s] (whispered)" is on the right.

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

A musical staff in treble clef with a single note on a middle line. A legend above the staff reads "• = energy of wind you are hearing/feeling/seeing". Below the staff, the text "On your instrument:" is written. The staff contains a series of notes with slurs and dots above them, representing the energy of wind.

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

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On voice: (hum)

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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  $n$  inhale length  $n$  inhale length  $n$  inhale length  $n$

On your instrument: On voice: [s] (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