

Breath Stream: wind from the East

repeat x 10
while hearing the movement of your breath

On voice: (hum)

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

On your instrument:

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

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

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

On your instrument:

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 East

repeat x 10
while hearing the movement of your breath

Musical notation on a treble clef staff. A whole note is held for the duration of an inhaled breath, labeled "for the length of your inhale". This is followed by a whole note held for the duration of an exhaled breath, labeled "for the length of your exhale". A diamond symbol is placed at the end of the second note, with a bracket underneath labeled "n".

On voice: (hum)

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

Musical notation on a treble clef staff, identical to the first exercise. A whole note is held for the duration of an inhaled breath, labeled "for the length of your inhale". This is followed by a whole note held for the duration of an exhaled breath, labeled "for the length of your exhale". A diamond symbol is placed at the end of the second note, with a bracket underneath labeled "n".

On your instrument:

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 whole notes. The first is labeled "inhale length", the second "exhale length", the third "inhale length", and the fourth "exhale length". A diamond symbol is placed at the end of the fourth note, with a bracket underneath labeled "n".

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

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

Musical notation on a treble clef staff. It consists of four groups of notes. The first group is a quarter note followed by a quarter rest. The second group is a quarter note followed by a quarter rest. The third group is a quarter note followed by a quarter rest. The fourth group is a quarter note followed by a quarter rest. A legend indicates that a dot (•) represents "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

Breath Stream: wind from the East

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 key signature of one flat. It shows two notes on a half-line. The first note is a half note with a slur above it and a bracket below it labeled 'for the length of your inhale'. The second note is a half note with a slur above it and a bracket below it labeled 'for the length of your exhale'. The letter 'n' is at the end of the staff. 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 key signature of one flat. It shows two notes on a half-line. The first note is a half note with a slur above it and a bracket below it labeled 'for the length of your inhale'. The second note is a half note with a slur above it and a bracket below it labeled 'for the length of your exhale'. The letter 'n' is at the end of the staff. 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: [f] (whispered)

Detailed description: A musical staff in treble clef with a key signature of one flat. It shows four notes on a half-line. The first note is a half note with a slur above it and a bracket below it labeled 'inhale length'. The second note is a half note with a slur above it and a bracket below it labeled 'exhale length'. The third note is a half note with a slur above it and a bracket below it labeled 'inhale length'. The fourth note is a half note with a slur above it and a bracket below it labeled 'exhale length'. The letter 'n' is at the end of the staff. Below the staff, the text 'On your instrument:' is written on the left and 'On voice: [f] (whispered)' is written 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 with a key signature of one flat. The top staff shows three groups of notes, each with a slur above it. The first group has two notes, the second has three, and the third has four. Below each group is a horizontal line with dots representing energy. The bottom staff shows three groups of notes, each with a slur above it. The first group has two notes, the second has three, and the third has four. Below each group is a horizontal line with dots representing energy. 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

Breath Stream: wind from the East

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 key signature of one flat. It shows two notes on a single line. The first note is a half note with a fermata above it, labeled 'for the length of your inhale'. The second note is a half note with a fermata above it, labeled 'for the length of your exhale' and followed by a brace and the letter 'n'. 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 key signature of one flat. It shows two notes on a single line. The first note is a half note with a fermata above it, labeled 'for the length of your inhale'. The second note is a half note with a fermata above it, labeled 'for the length of your exhale' and followed by a brace and the letter 'n'. 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: [f] (whispered)

Detailed description: A musical staff in treble clef with a key signature of one flat. It shows four notes on a single line. The first note is a half note with a fermata above it, labeled 'inhale length'. The second note is a half note with a fermata above it, labeled 'exhale length'. The third note is a half note with a fermata above it, labeled 'inhale length'. The fourth note is a half note with a fermata above it, labeled 'exhale length' and followed by a brace and the letter 'n'. Below the staff, the text 'On your instrument:' is written on the left and 'On voice: [f] (whispered)' is written 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 with a key signature of one flat. The top staff shows four notes on a single line. The first note is a half note with a fermata above it. The second note is a half note with a fermata above it. The third note is a half note with a fermata above it. The fourth note is a half note with a fermata above it. Below the staff, the text 'On your instrument:' is written. The bottom staff shows four notes on a single line. The first note is a half note with a fermata above it. The second note is a half note with a fermata above it. The third note is a half note with a fermata above it. The fourth note is a half note with a fermata above it. Below the staff, 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