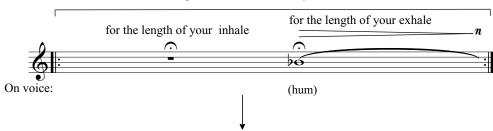
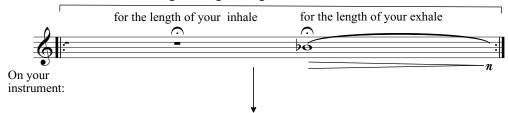
Breath-stream: wind from the East

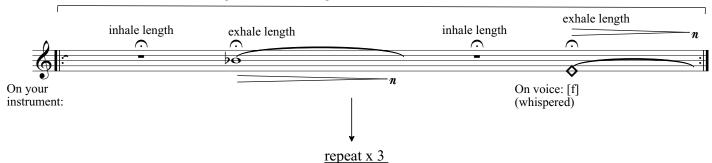
repeat x 10 while hearing the movement of your breath



 $\frac{\text{repeat x } 10}{\text{while hearing/feeling/seeing the movement of wind}}$



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



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



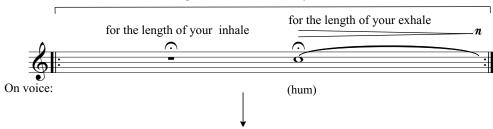
On your instrument:



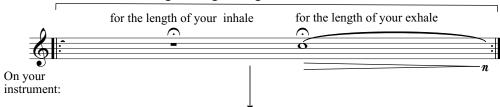
Pick a pitch of your choice to play and/or sing 10 times for any lengths, reacting to the wind

Breath-stream: wind from the East

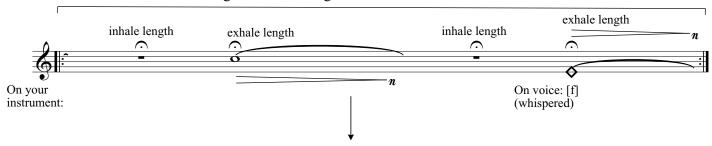
repeat x 10 while hearing the movement of your breath



 $\frac{\text{repeat x } 10}{\text{while hearing/feeling/seeing the movement of wind}}$



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



 $\frac{\text{repeat x 3}}{\text{while visualizing the sound traveling across the Earth surface with the wind current}}$



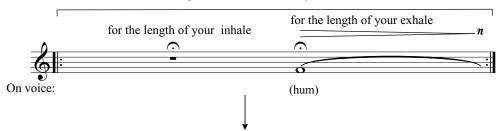
On your instrument:



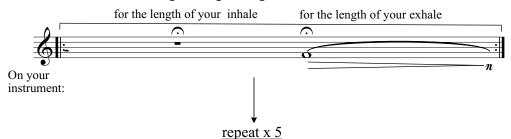
Pick a pitch of your choice to play and/or sing 10 times for any lengths, reacting to the wind

Breath-stream: wind from the East

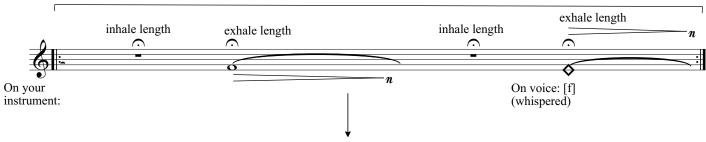
repeat x 10 while hearing the movement of your breath



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



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



 $\frac{\text{repeat x 3}}{\text{while visualizing the sound traveling across the Earth surface with the wind current}}$



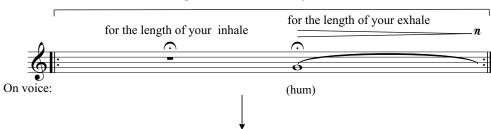
On your instrument:



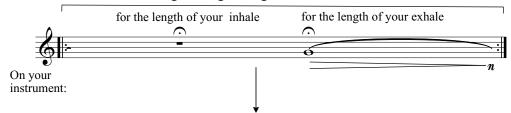
Pick a pitch of your choice to play and/or sing 10 times for any lengths, reacting to the wind

Breath -stream: wind from the East

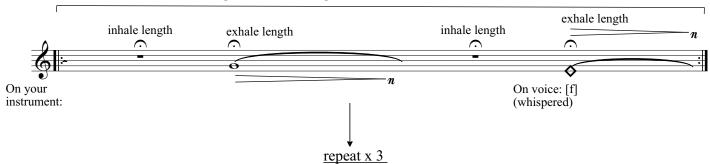
repeat x 10 while hearing the movement of your breath



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



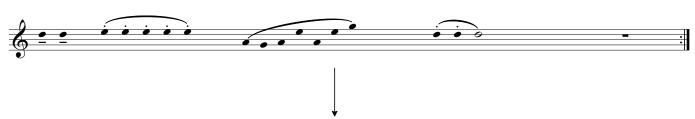
 $\frac{\text{repeat x 5}}{\text{while visualizing the sound being carried into the stream of wind currents}}$



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