

Breathing

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For any number of trained or untrained voices

The group should begin at **Breathe** and proceed to follow the circle clockwise, returning to **Hum**

Take time to breathe and listen throughout.

One player should lead into new sections, This player should have a bell or chime for **calm**, and must be able to **whistle** or emulate whistling.
Other players should listen for changes.

The performers should sit in a circle anywhere in a room, perhaps with eyes closed.

Through **Improvise**, extended vocal techniques are welcome, but pitch should be present.

Dynamic should remain mostly quiet, swelling to a climax during **Improvise**

Timings are approximate. The leader may adapt timing to what feels natural in the circumstances, without rushing sections, or causing sections to grow excessively, relative to others.

