

Federico Pozzer, 2020

From Conscious to Unconscious
for 1 instrument and recording device

Record your breath for 1 hour:

- During the first 20 minutes, do a meditation exercise focusing on your breath. Be aware of your inhaling and exhaling.
- During the following 40 minutes, read a book, watch tv, work, or do other activities that intentionally divert your attention away from your breath.

After that, play the recording of your breathing on your headphones and play your instrument along with it. Match your playing to the recording. Play C3 at the inhalations and C5 at the exhalations (or other 2 notes 2 octaves distant from each other).