

Federico Pozzer, 2020

**From Exhaling to Blowing**  
for 1 performer

Choose one medium (for instance water, fire, paper, thread, grass, or sand, etc.)

Place yourself at a distance of about 10 cm from the medium you chose.



Breathe in front of it for 10 times. Move gradually from a regular exhalation through an open mouth to a full blow throughout the 10 breaths. Alter slightly and gradually the positions of your lips at each breath using always the same amount of air. Exhale / blow every ten seconds. Your exhaling / blowing should last 3 seconds.

Place a video camera either in front of the medium or in front of the surface where the shadow of the object is reflected. Film the performance in order to capture the alterations in your breathing revealed by the changing movements of the medium.

Do the same with other media.