

Federico Pozzer and Kate Ledger, 2020

*Breathing, Moving, Playing*

vers. II

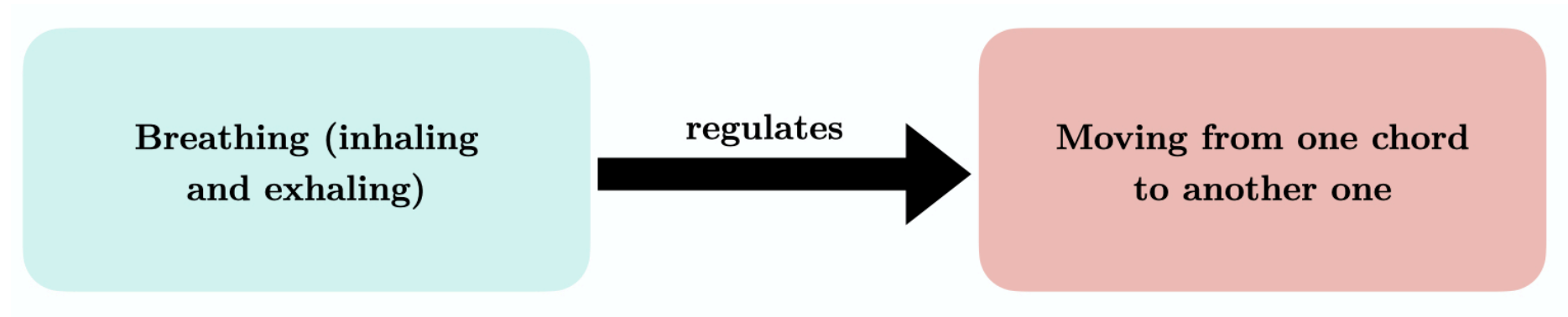
8 sections:

Play the following sequence of chords in each section. Read from left to right; first row and then second row. For each section follow the instructions below.

The first row contains six musical sections, each with two staves. Section 1: Treble clef has a triad of G4, B4, D5; Bass clef has a triad of G2, B2, D3. Section 2: Treble clef has a triad of G4, B4, D5 with an 8va label; Bass clef has a triad of G2, B2, D3. Section 3: Treble clef has a triad of G4, B4, D5 with a flat sign; Bass clef has a triad of G2, B2, D3 with a flat sign. Section 4: Treble clef is empty; Bass clef has a triad of G2, B2, D3 with a flat sign and an 8vb label. Section 5: Treble clef has a triad of G4, B4, D5 with a flat sign and an 8va label; Bass clef has a triad of G2, B2, D3 with a flat sign. Section 6: Treble clef is empty; Bass clef has a triad of G2, B2, D3 with a flat sign and an 8vb label.

The second row contains six musical sections, each with two staves. Section 1: Treble clef has a triad of G4, B4, D5 with a flat sign; Bass clef has a triad of G2, B2, D3 with a flat sign. Section 2: Treble clef has a triad of G4, B4, D5 with a flat sign and an 8va label; Bass clef has a triad of G2, B2, D3 with a flat sign. Section 3: Treble clef is empty; Bass clef has a triad of G2, B2, D3 with a flat sign and an 8vb label. Section 4: Treble clef has a triad of G4, B4, D5 with a flat sign and an 8va label; Bass clef has a triad of G2, B2, D3 with a flat sign. Section 5: Treble clef has a triad of G4, B4, D5 with a flat sign; Bass clef has a triad of G2, B2, D3 with a flat sign. Section 6: Treble clef is empty; Bass clef has a triad of G2, B2, D3 with a flat sign and an 8vb label.

## Section 1



Play the 1<sup>st</sup> chord.

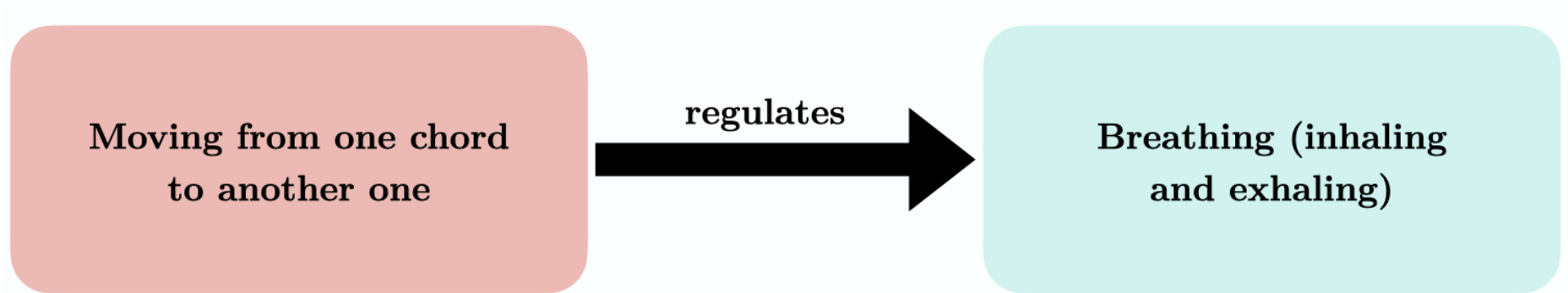
Move to the 2<sup>nd</sup> chord. The length of your inhaling regulates the moving speed from the 1<sup>st</sup> chord to the 2<sup>nd</sup> chord.

Play the 2<sup>nd</sup> chord.

Move to the 3<sup>rd</sup> chord. The length of your exhaling regulates the moving speed from the 2<sup>nd</sup> chord to the 3<sup>rd</sup> chord.

etc.

## Section 2



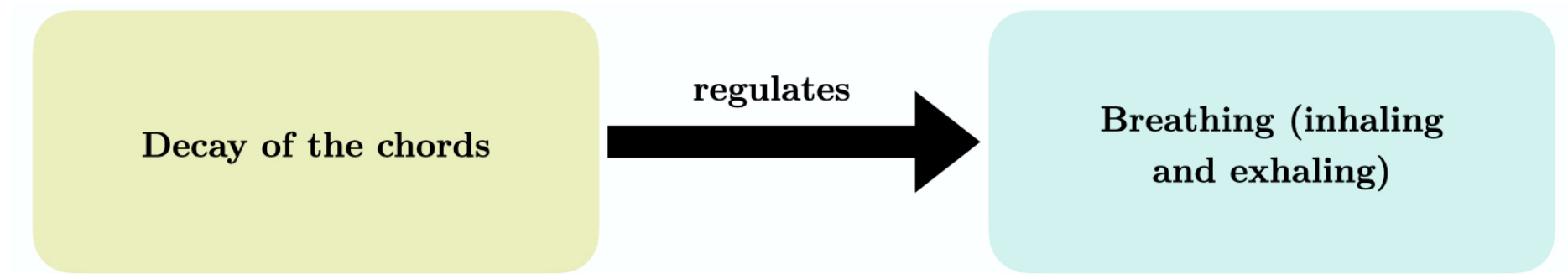
Play the 1<sup>st</sup> chord.

Move to the 2<sup>nd</sup> chord. The moving speed from the 1<sup>st</sup> chord to the 2<sup>nd</sup> chord regulates the length of your inhaling.

Play the 2<sup>nd</sup> chord.

Move to the 3<sup>rd</sup> chord. The moving speed from the 2<sup>nd</sup> chord to the 3<sup>rd</sup> chord regulates the length of your exhaling.  
etc.

### Section 3

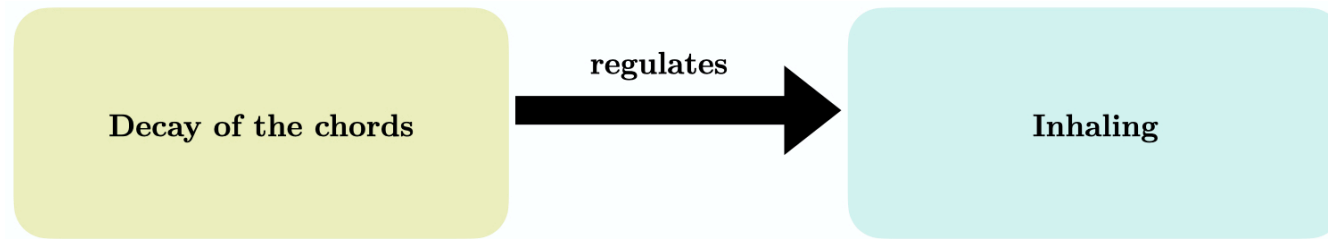


Play the 1<sup>st</sup> chord. The time the 1<sup>st</sup> chord takes to decay regulates the length of your inhaling.  
Move to the 2<sup>nd</sup> chord when the sound of the 1<sup>st</sup> chord has decayed.  
Play the 2<sup>nd</sup> chord. The time the 2<sup>nd</sup> chord takes to decay regulates your exhaling.  
Move to the 3<sup>rd</sup> chord when the sound of the 2<sup>nd</sup> chord has decayed.  
etc.

Moving is free.

If you need to recover, change the octave of the chord and play it in the higher register.

## Section 4



Play the 1<sup>st</sup> chord. The time the 1<sup>st</sup> chord takes to decay regulates the length of your inhaling.

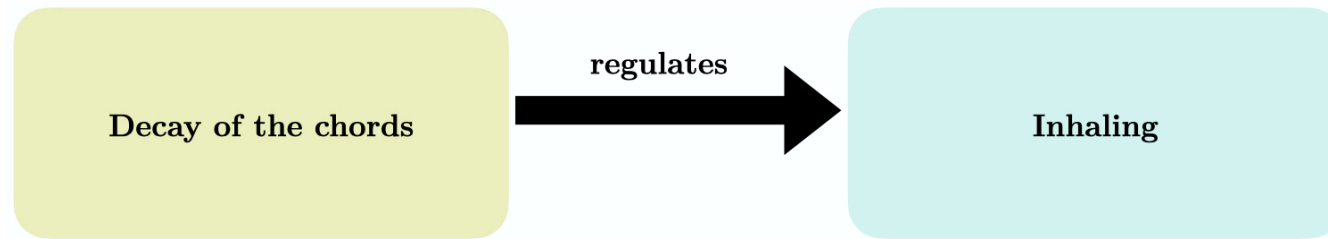


Move to the 2<sup>nd</sup> chord when the sound of the 1<sup>st</sup> chord has decayed. The moving speed from the 1<sup>st</sup> chord to the 2<sup>nd</sup> chord regulates the length of your exhaling.

etc.

If you need to recover, change the octave of the chord and play it in the higher register.

## Section 4



Play the 1<sup>st</sup> chord. The time the 1<sup>st</sup> chord takes to decay regulates the length of your inhaling.

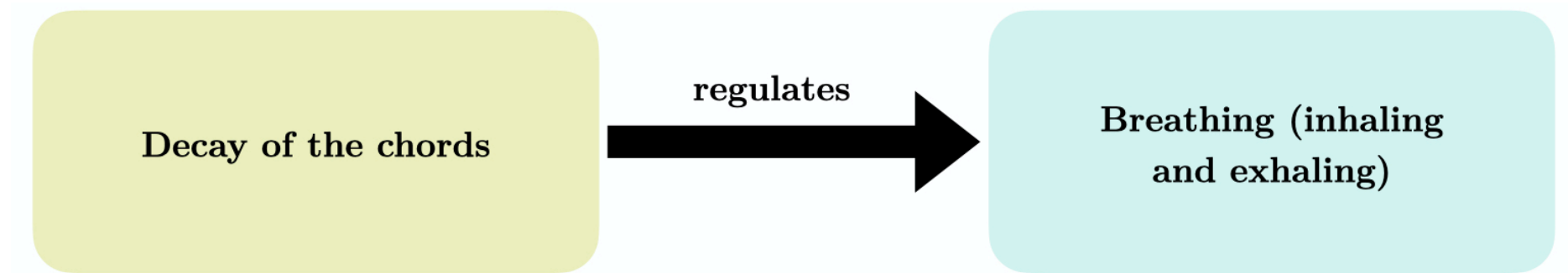


Move to the 2<sup>nd</sup> chord when the sound of the 1<sup>st</sup> chord has decayed. The moving speed from the 1<sup>st</sup> chord to the 2<sup>nd</sup> chord regulates the length of your exhaling.

etc.

If you need to recover, change the octave of the chord and play it in the higher register.

### Section 3



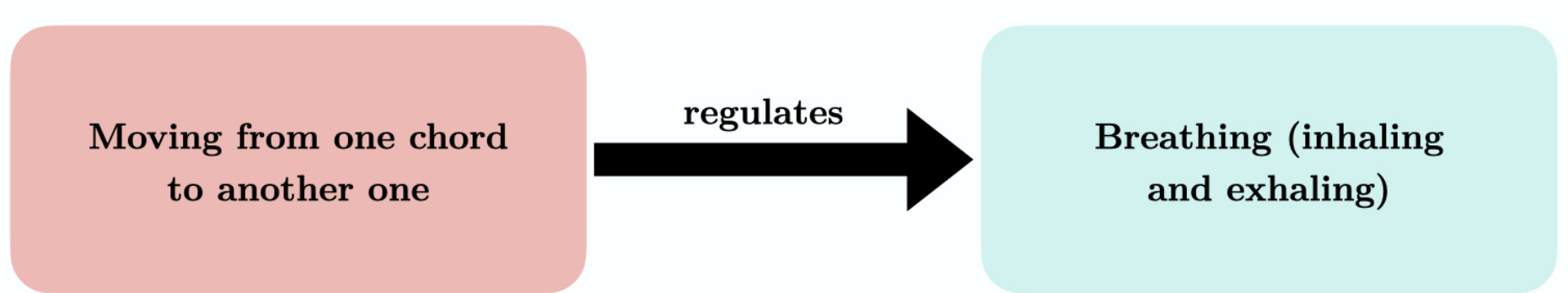
Play the 1<sup>st</sup> chord. The time the 1<sup>st</sup> chord takes to decay regulates the length of your inhaling.  
Move to the 2<sup>nd</sup> chord when the sound of the 1<sup>st</sup> chord has decayed.  
Play the 2<sup>nd</sup> chord. The time the 2<sup>nd</sup> chord takes to decay regulates your exhaling.  
Move to the 3<sup>rd</sup> chord when the sound of the 2<sup>nd</sup> chord has decayed.  
etc.

Moving is free.

If you need to recover, change the octave of the chord and play it in the higher register.



## Section 2



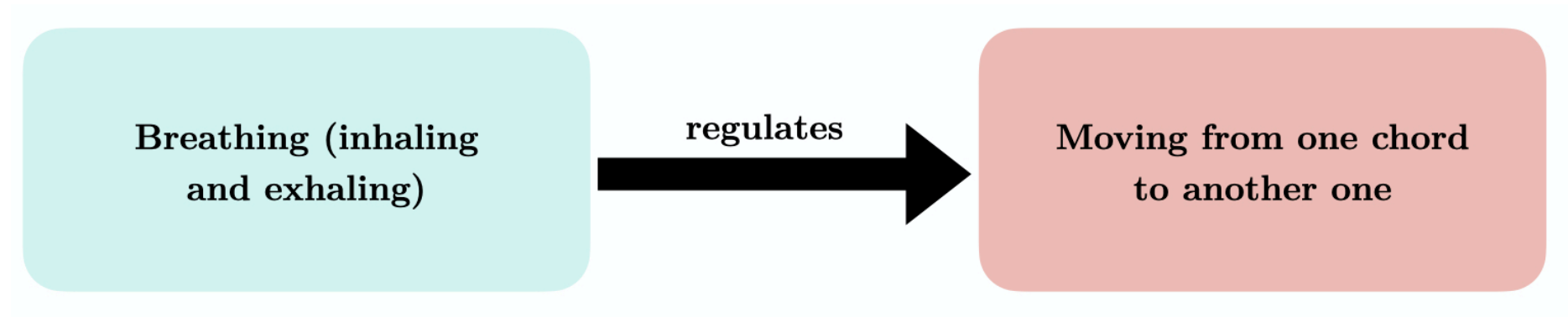
Play the 1<sup>st</sup> chord.

Move to the 2<sup>nd</sup> chord. The moving speed from the 1<sup>st</sup> chord to the 2<sup>nd</sup> chord regulates the length of your inhaling.

Play the 2<sup>nd</sup> chord.

Move to the 3<sup>rd</sup> chord. The moving speed from the 2<sup>nd</sup> chord to the 3<sup>rd</sup> chord regulates the length of your exhaling.  
etc.

## Section 1



Play the 1<sup>st</sup> chord.

Move to the 2<sup>nd</sup> chord. The length of your inhaling regulates the moving speed from the 1<sup>st</sup> chord to the 2<sup>nd</sup> chord.

Play the 2<sup>nd</sup> chord.

Move to the 3<sup>rd</sup> chord. The length of your exhaling regulates the moving speed from the 2<sup>nd</sup> chord to the 3<sup>rd</sup> chord.

etc.