

BREATHE WITH ME

Jeppe Hein & ART 2030
An art project for the world

Manual for Breathe with Me

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Manual for Breathe with Me

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Preface

How to use the Breathe with Me manual

Focused on the universal act of breathing, Breathe with Me is a global engagement art project that spreads a simple but ambitious message of interconnectivity, by inviting everyone to breathe together. Breathe with Me ignites awareness, unity and positive action for a strong and sustainable future. It inspires engagement that is impactful in a multitude of ways to see how the world can breathe together for a better future.

That's why we launch this global request to find out how everyone 'breathes' in a way that is similar to Jeppe Hein's Breathing Watercolours. It is an open invitation to everyone to take Breathe with Me into their own lives, practicing it in their own unique way, to feel that they can relate to others and the messages within.

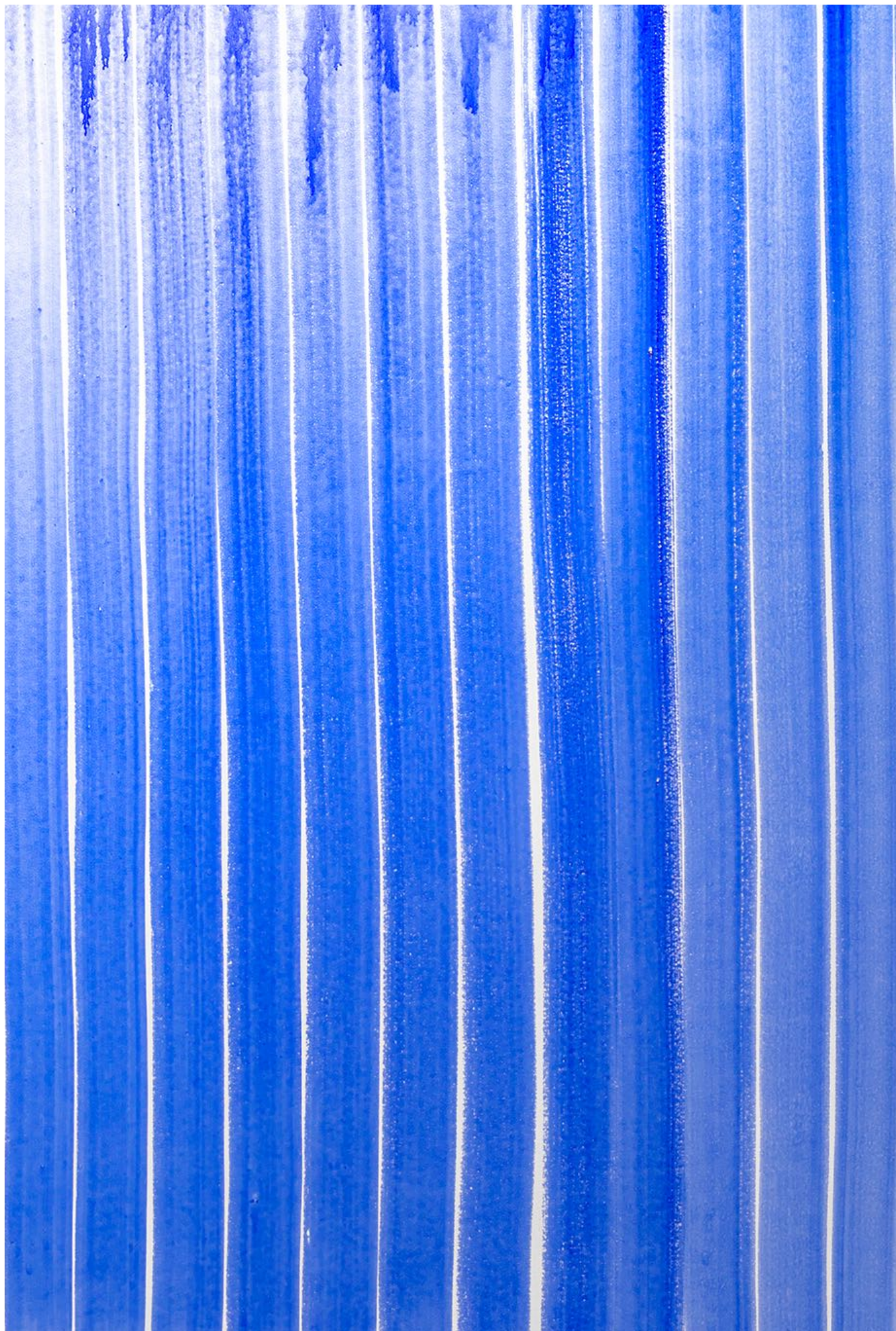
We hope this manual can empower individuals, families, neighbours, communities, schools, museums as well as other public institutions and organizations, to make the invisible visible, and share how we breathe around the world. It offers different ways to create Breathe with Me projects, but is intended as an inspirational kit open to interpretation and variation. To add to this, we have included some learning activities about breathing that can be used for Breathe with Me workshops.



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The Breathe with Me manual is available for download on **www.breathewithme.world**. Participants worldwide are encouraged to upload or post contributions, photos and film documentation as well as any ideas for Breathe with Me projects and workshops on **Instagram** using the hashtag **#breathewithme**. An overview will be compiled by us on **www.instagram.com/breathewithmeandtheworld**.

Come and breathe with us and share your breath with the world, for the world!



Breathe with Me: introduction

Jeppe Hein on Breathing Watercolours
ART 2030 and the Global Goals
Breathe with Me in New York City

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Jeppe Hein

On Breathing Watercolours

“Life begins with an inhale and ends with an exhale.
In-between we all breathe and live different lives.
And yet, each breath keeps us together,
connected, sharing the same air.”



Jeppe Hein painting Breathing Watercolours

Conscious breathing became an important element in my new life, after I experienced a personal breakdown almost ten years ago. The awareness with my breath enables me to balance out the body and mind in all circumstances of life. A crucial example of this balance can be found in my work entitled Breathing Watercolours. Breath guides the strokes of the watercolour, to create a repetitive pattern of vertical blue stripes painted onto a white paper or wall. Each line represents one breath stroke. The colour is intense and vigorous at the beginning of each stroke, but gradually fades towards the bottom. Each stripe signifies the process of breathing in or breathing out in full awareness.

Initially, I painted Breathing Watercolours by myself as part of my watercolour diary or as huge wall paintings. Then I began to ask visitors of my solo exhibitions to join in painting their breath on the museum's walls too. In doing so, I try to encourage people to focus on their body and mind at the present moment and to enter into an inner dialogue. By painting their own breath onto a medium, they will not only be able to experience their breath, body and mind in the here and now, but also be part of a collectively experienced moment with their environment.

Breathe with Me are Breathing Watercolours painted by the public that visualise the invisible – our breath and the resultant relation between us – reminding us to cooperate if we want to share this world together today and in the future. Ideally, it will encourage people to conspire in its etymological sense, as (lat.) con-spirare means nothing else than to breathe together.

So, please breathe with me.
Inhale. Hold. Exhale ...

Jeppe Hein

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ART 2030

And the Global Goals



In 2015, world leaders at the United Nations adopted the 2030 Agenda for Sustainable Development and its 17 Global Goals. They set an ambitious plan for the people, planet and prosperity.

ART 2030 is a non-profit organization uniting art with the United Nations 2030 Agenda for Sustainable Development and its 17 Global Goals. ART 2030 works with art as the key to achieve the Global Goals by opening people's hearts, minds and imagination - to inspire action for a healthy and sustainable future. Working with world renowned artists and partners, ART 2030 facilitates art projects connected to the Global Goals - including public events, art experiences, multi-platform communication and educational activities - for all to engage with the plan for the people, planet and prosperity.

ART 2030 believes that the strength of art and its use towards the Global Goals, is that art has the ability to communicate the complexity of the Sustainable Development Goals, whilst also highlighting how different the goals are interlinked.

Breathe with Me touches upon multiple aspects of the Global Goals, but with a special focus on the following:



Through participating with mindful breathing, Breathe with Me emphasizes awareness on our mental and physical well-being.



As a global project that nurtures both an individual and collective experience, Breathe with Me works to promote mindfulness in education for everyone.



Through focus on a universally shared action and experience, Breathe with Me highlights how we all, irrespective of background and status, deserve equal opportunities and rights.



Breathe with Me emphasizes on public inclusivity. By creating a space to 'breathe' together, the artwork promotes urban sustainability and green public spaces for all.



By highlighting that all life needs to breathe, Breathe with Me inspires positive climate action for our entire planet.



With its ultramarine blue and its wavy structure, Breathe with Me reminds us that the sea plays a crucial part in regulating and controlling the air we breathe.

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Breathe with Me

In New York City

Breathe with Me is a large-scale public participatory artwork for the entire world that invites audiences to paint their own individual 'breath'. Every breath will take the form of painted blue parallel lines on the artworks' canvas walls: each line for an exhale.

Breathe with Me is a work that is both deeply personal, and also a work that touches on many aspects of our lives, and the lives of our entire planet. Guided by the act of breathing, the participation invites audiences to reflect on themselves and the world around them. With all participant's painted 'breaths' gathered together, the artwork visualizes not only our individual awareness of ourselves, but also our communities, societies, and environment. Altogether, Breathe with Me is a collective breath for the world.

As an artwork that speaks to many urgent issues of the United Nations 2030 Agenda for Sustainable Development and its 17 global goals – from good health, to strong communities and climate action – Jeppe Hein and ART 2030, a non-profit organization uniting art with the UN agenda, initiated Breathe with Me first at the UN Headquarters and in Central Park, New York City, during the 74th session of the United Nations General Assembly from 21st to 27th of September 2019. The artwork coincided with this years' official focus on climate action.



United Nations Headquarters, New York City
September 21-24, 2019



Central Park, New York City
September 25-27, 2019

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Breathe with Me

In New York City



Jayathma Wickramanayake
UN Secretary-General's Envoy on Youth



Amina J. Mohammed
Deputy Secretary-General of the UN



Michael R. Bloomberg
UN Special Envoy for Climate Action



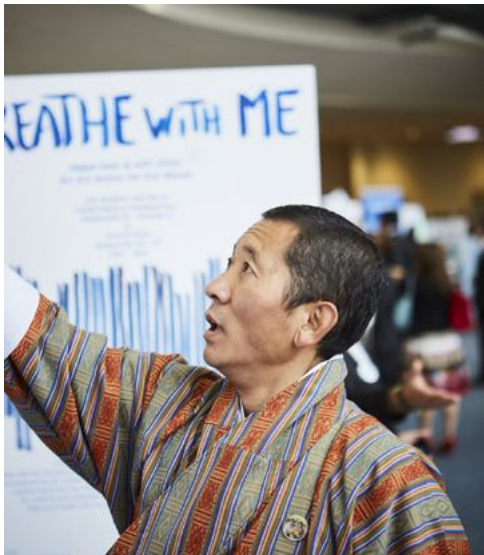
Timoci Naulusala, Youth Activist, Fiji



Lina Mendoni, Minister of Culture
and Sports, Greece



Arancha Gonzales, Executive Director of
the International Trade Center (ITC)



Lotay Tshering, Prime Minister of Bhutan



Todd D. Stern, former United States
Special Envoy for Climate Change

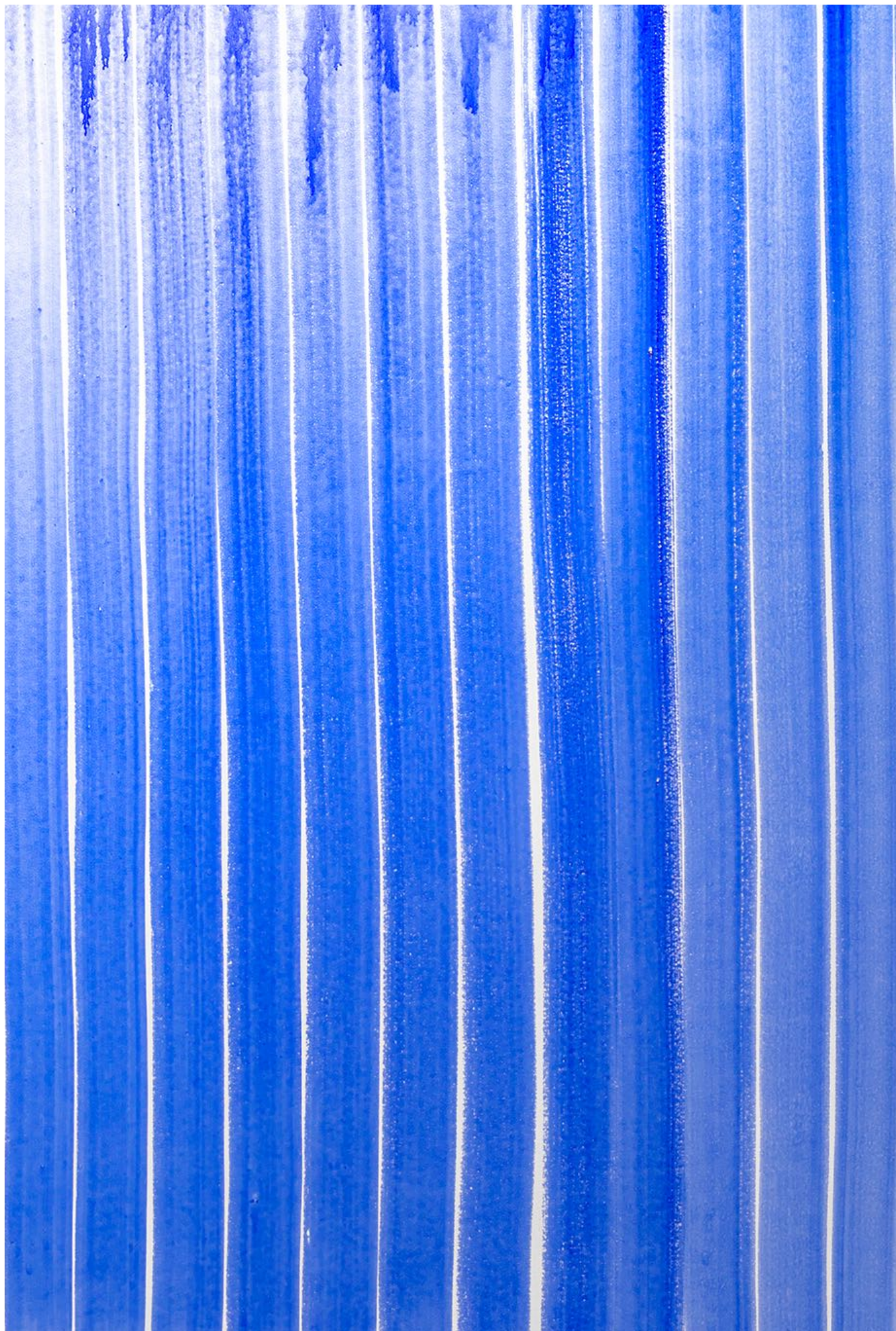


Max Hollein, Director of the Metropolitan Museum of Art



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Breathe with Me: projects

Examples and instructions

Breathe with Me on paper
on canvas
on movable walls
on existing walls
on windows

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Breathe with Me

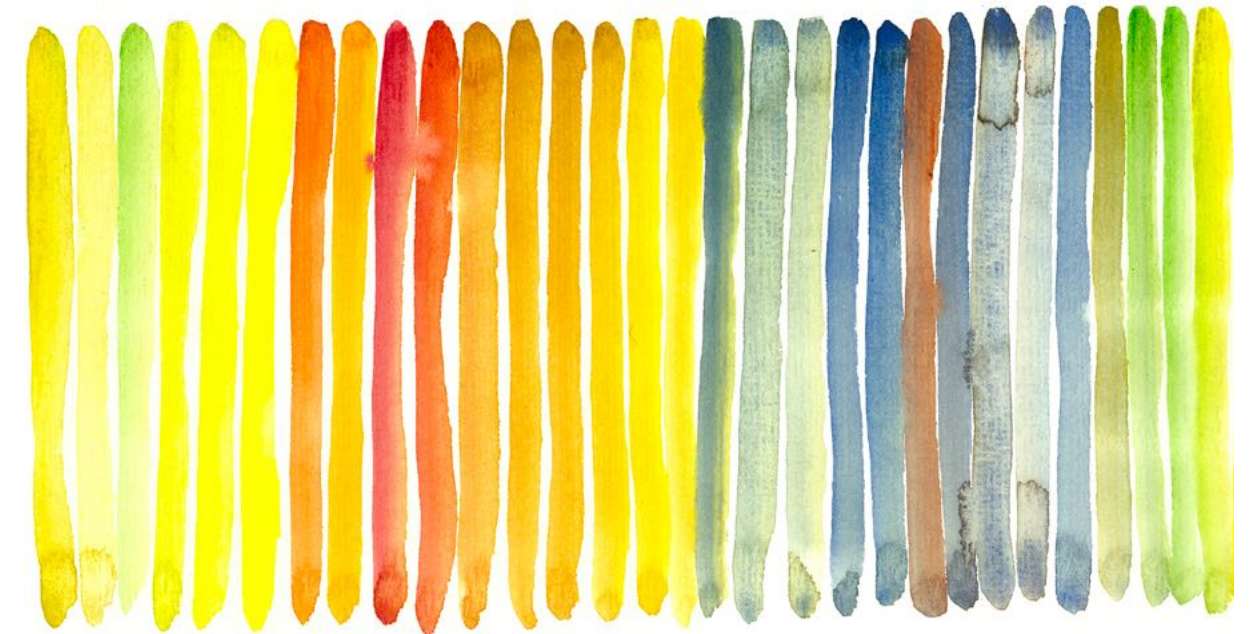
On paper



Jeppe Hein painting Breathing Watercolours on paper

Materials needed

- Watercolour paper, A4
- Box of watercolours
- Fine paintbrush, size 8-10
- Glass of water



Breathing Watercolours by Jeppe Hein

How to...

Close your eyes and focus on your breathing. Inhale all the way down into your stomach and hold. Exhale slowly. Do this several times until you feel ready to paint your breath onto the watercolour paper.

Dip your brush into the paint and inhale. Hold. Exhale slowly and paint your first stroke from the top down. Once again dip your brush into the paint and inhale. Hold. Exhale slowly and paint the second stroke. Try and paint each stroke as close to each other without overlapping the paint. Repeat until the paper is covered with your painted breath.

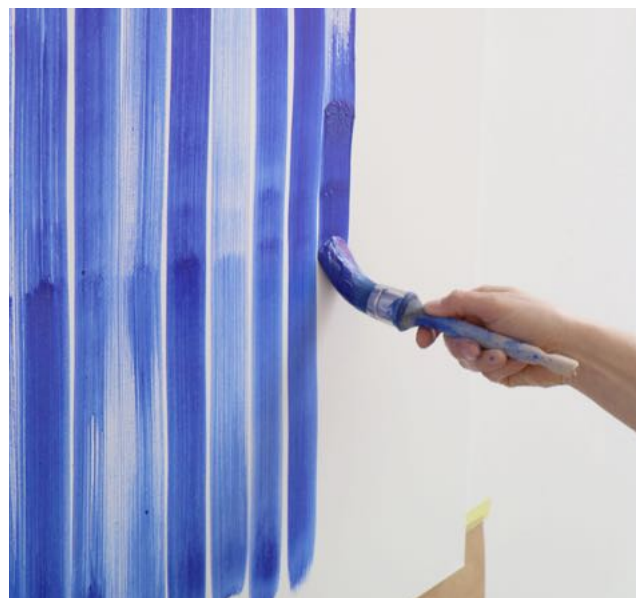
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Breathe with Me

On canvas



Jeppe Hein painting on canvas



Note: For even strokes of watercolour, please hold the brush as horizontal as possible.

Materials needed

- Canvas of any size
- Ultramarine blue watercolour
- A small container for mixing the watercolour
- 1" (3cm) round paintbrush
- Brown paper roll and fabric for wall, floor or table protection
- Masking tape

Preparations

For small canvases, hang the canvas between head and shoulder height on a wall or alternatively set an easel to a height so that you can easily reach the top of the canvas with an outstretched arm. Larger canvases should be hung on a wall slightly over head height so that you can easily reach the top of the canvas with an outstretched arm.

Affix some brown paper with masking tape below the canvas to protect the floor and wall from dripping paint. We also recommend using rolled up fabric in order to absorb any spills. Mix ultramarine blue watercolour paint at a ratio of approximately 20% paint and 80% water.

How to...

Close your eyes and focus on your breathing. Inhale all the way down into your stomach and hold. Exhale slowly. Do this several times until you feel ready to paint your breath onto the canvas.

Dip your brush into the paint and inhale. Hold. Exhale slowly and paint your first stroke from the top down. Once again dip your brush into the paint and inhale. Hold. Exhale slowly and paint the second stroke. Try and paint each stroke as close to each other without overlapping the paint. Repeat until the canvas have been painted to completion.

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Breathe with Me

On canvas



Studio visitors painting on canvas



Jeppe Hein, My Breath, 2018

Breathe with Me

On movable walls



Exhibition view KÖNIG GALERIE, Berlin, 2017

Materials needed

- White painted door blanks or 3mm x 2m x 1m MDF
- 40mm x 50mm wood for constructing a supporting frame
- Sand bags or stage weights
- Ultramarine blue watercolour
- A small container for mixing the watercolour
- 2" (5cm) round paintbrush
- Roll of white paper, width 1m
- Brown paper roll and fabric for floor protection
- Masking tape

Preparations

Using light weight door blanks or 3mm MDF wooden panel, build a supporting frame as shown on page 23 & 24. Place a stage weight or sandbag on the back of the constructed frame to stop the wall from tipping over. Paint the front of the wooden panel white. When painting directly onto door blanks, affix some brown paper with masking tape to the lower end of your panel to protect the floor from dripping paint. We also recommend using rolled up fabric in order to absorb any spills.

Mix ultramarine blue watercolour paint at a ratio of approximately 20% paint and 80% water. If you're going to paint on a roll of white paper, staple the paper to the top of the wooden panel and extend the paper down so that it covers the floor by about 40cm to protect the floor.

How to...

Close your eyes and focus on your breathing. Inhale all the way down into your stomach and hold. Exhale slowly. Do this several times until you feel ready to paint your breath onto the panels.

Dip your brush into the paint and inhale. Hold. Exhale slowly and paint your first stroke from the top down. Once again dip your brush into the paint and inhale. Hold. Exhale slowly and paint the second stroke. Try and paint each stroke as close to each other without overlapping the paint. Pass the paintbrush onto the person next to you. Repeat until the panels have been painted to completion.

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Breathe with Me
On movable walls



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Examples of moving walls and their possible formations

Breathe with Me

On movable walls

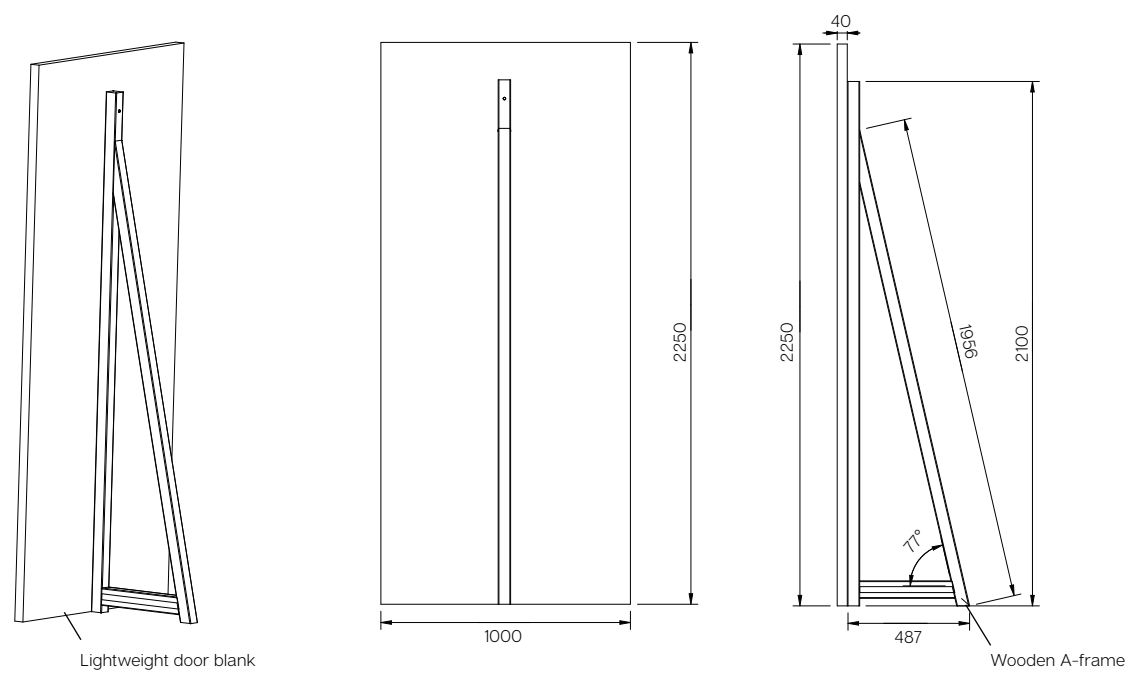


Figure 1

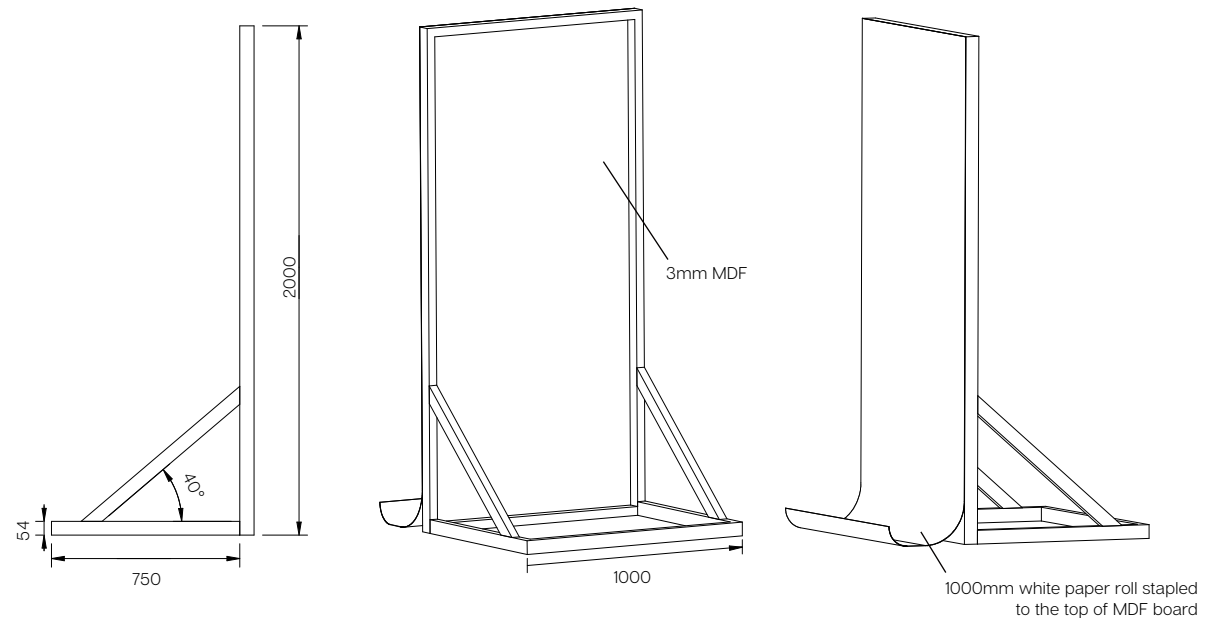


Figure 2



Example of lightweight door blanks with wooden A-frame and sand bags



Example of wooden frames with white paper rolls

Breathe with Me

On existing walls



Jeppe Hein painting on a wall

Materials needed

- A clean white wall, painted with white emulsion
- Ultramarine blue watercolour
- A small container for mixing the watercolour
- 2" (5cm) round paintbrush
- Brown paper roll and fabric for floor protection
- Masking tape

Preparations

Make sure that your wall is free from any grease or dirt. If necessary, prepare the wall with freshly painted emulsion. Affix some brown paper with masking tape about 40cm from the floor in order to protect the lower wall and floor from dripping paint. We also recommend using rolled up fabric in order to absorb any spills. Mix ultramarine blue watercolour paint at a ratio of approximately 20% paint and 80% water.

How to...

Close your eyes and focus on your breathing. Inhale all the way down into your stomach and hold. Exhale slowly. Do this several times until you feel ready to paint your breath onto the wall.

Dip your brush into the paint and inhale. Hold. Exhale slowly and paint your first stroke from the top down. Once again dip your brush into the paint and inhale. Hold. Exhale slowly and paint the second stroke. Try and paint each stroke as close to each other without overlapping the paint. Pass the paintbrush onto the person next to you. Repeat until the wall has been painted to completion.

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Breathe with Me
On existing walls



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Visitors painting on exhibition walls

Breathe with Me

On windows



Exhibition view Politikens Forhal, Copenhagen, 2019

Materials needed

- Large clean window
- Ultramarine blue powder pigment or Ultramarine blue acrylic
- A small container for mixing the colour
- 2" (5cm) round paintbrush
- PVA wood glue
- Brown paper roll and fabric for floor protection
- Masking tape

Preparations

Make sure your windows are clean and free from any grease or dirt. Mix the PVA wood glue at a ratio of approximately 60% wood glue and 40% water. Add and stir the ultramarine blue pigment or acrylic into the mix until you get a strong and vibrant ultramarine blue colour. If the mix is too thick for your liking add water or if too runny add PVA.

Affix some brown paper with masking tape just above the lower window frame in order to protect the frame, window and floor from any dripping paint. We also recommend using rolled up fabric in order to absorb any spills.

How to...

Close your eyes and focus on your breathing. Inhale all the way down into your stomach and hold. Exhale slowly. Do this several times until you feel ready to paint your breath onto the window.

Dip your brush into the paint and inhale. Hold. Exhale slowly and paint your first stroke from the top down. Once again dip your brush into the paint and inhale. Hold. Exhale slowly and paint the second stroke. Try and paint each stroke as close to each other without overlapping the paint. Pass the paintbrush onto the person next to you. Repeat until the window has been painted to completion.

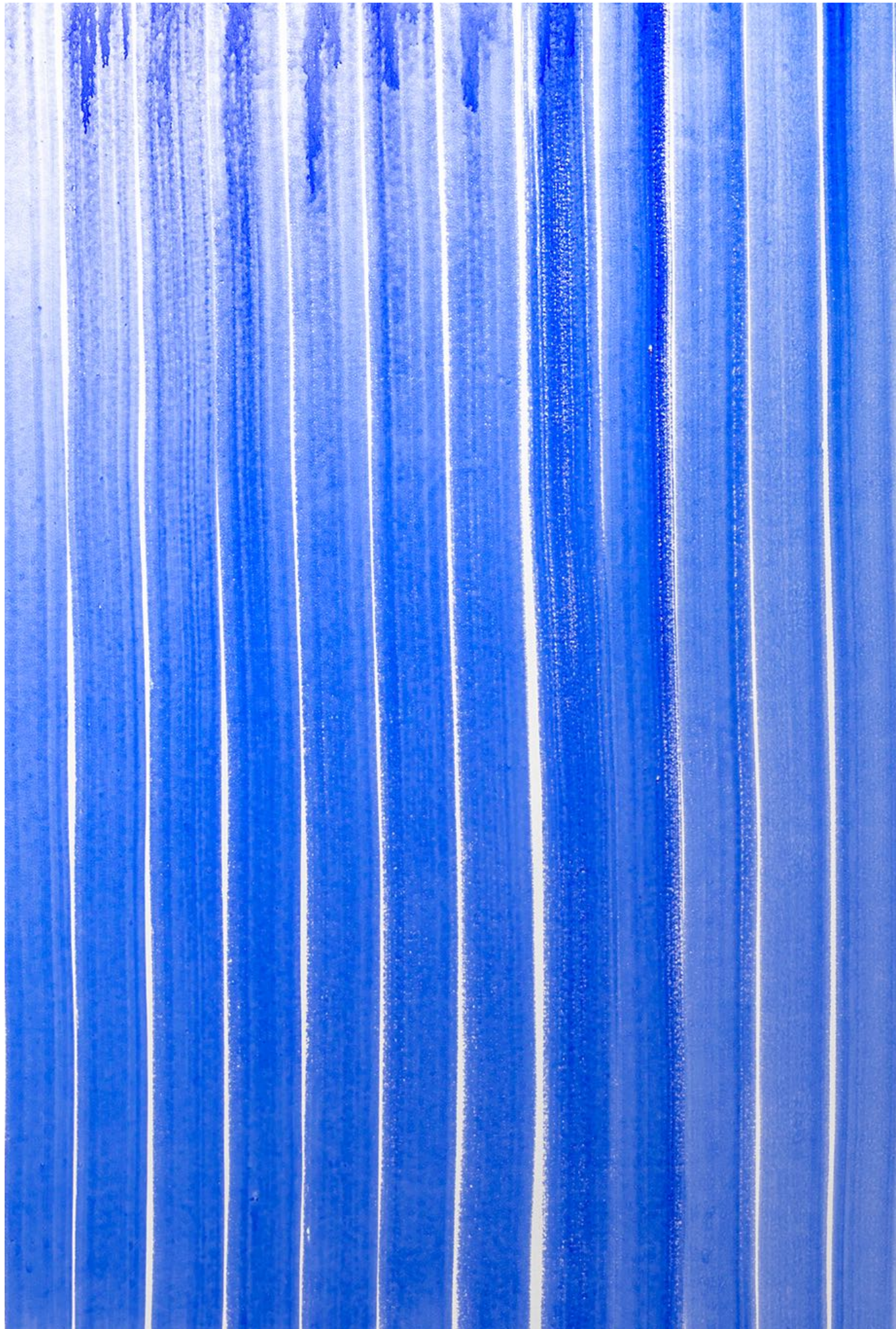
BREATHE
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Breathe with Me
On windows



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Studio visitor painting on a window



Breathe with Me: workshops

Preparatory material

Objective of the Breathe with Me workshops
Breathing techniques and Breathing exercises
Getting ready for the Breathe with Me workshops
On the necessity of breath
On our lungs

Workshop material

Introductory questions
Changing Breath
Sphere Breath
Geometric Breath
Elevator Breath
Bee Breathing
Lungs in a Bottle
Inflatable Cube
Breathing Flags
Breathing Circle
Breathing Feathers
Breathing Diary

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Objective of the Breathe with Me workshops

Preparatory material

The Breathe with Me workshops aim to guide their participants towards a multifaceted understanding of one of their most important bodily functions: the respiration. The main objective is to advocate towards a mindful engagement with and broaden the participants understanding and knowledge of their breath.

The participants will be introduced to the topic of conscious breathing and how the breath influences the physical performance of our body, our mental condition and our ability to communicate. As breathing is something that we do all day, every day the participants will be able to build on their own experiences during the course of the workshops.

The Breathe with Me workshops provide a number of fundamental concepts and questions related to the emotional and physical sensation associated with breathing, as well as a range of carefully selected Breathing techniques and experiments.



Watercolour by Jeppe Hein

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The Breathing techniques are inspired by prāṇāyāma – the science and art of breath control in Yoga teachings. Prāṇa is an omnipresent and universal energy permeating all life on earth and the universe. In prāṇāyāma the yogi performs conscious inhalation, retention and exhalation which is a powerful tool for everyone in the quest of leading a balanced life.

As visualizing one's breath comes with certain challenges, not least because of the invisibility of the air surrounding us, the Breathing exercises and experiments intend to help visualizing the human respiratory system in a fun and educating manner. The Breathing techniques frame the experimental and conceptual exercises, as they enable theoretical and practical knowledge to converge.

Breathing techniques and Breathing exercises

Preparatory material



Watercolour by Jeppe Hein

Breathing is the first and last autonomous gesture of life. It connects the interior of the body with the environment surrounding it. Breathing is essential in many medical and religious discourses both in Eastern and Western traditions – just think of God's life-giving breath in Christian mythology or the Greek concept of Anemoi, wind deities associated with the cardinal directions and the creation of the weather.

Breath-based practices like yoga or meditation help us focus, clear the mind and relax. Buddhist and Hindu phenomenology in particular revolves around the deliberate act of breathing based on a tradition of consciousness transformation through mindfulness. Conscious breathing interrelates with notions of freedom and self-determination.

Being able to control one's breath in moments of mental or physical overload affects the way one perceives his or her environment. By entrusting the participants with Breathing techniques and experiments, we intend to teach them more about their breath and how it can bring positive affects into their lives.

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Getting ready for the workshops

Preparatory material

In preparation of the Breathe with Me workshops, we recommend reading our carefully selected Breathing techniques and experiments. Depending on the time frame and number of participants, a range of settings are possible. As long as a relaxed, communicative and open-minded atmosphere is created the workshops are easily accessible and do not require a lot of preparation.

To begin with, make sure you know how the human lungs work. In order to broaden the understanding of the participants it is vital for you to understand the bodily processes that take place during respiration. For this reason, we prepared a brief introduction for you. Next, go through the 'kick-off-questions'. Feel free to add more questions to our suggestions as you might want to place more emphasis on a particular aspect of the breath and breathing. Finally, try out the Breathing techniques and experiments before introducing them to others. As you will guide the participants towards a moment of mindfulness it is necessary that you, as their instructor, feel comfortable with the tasks given.

The number of Breathing techniques and experiments in the workshops is entirely up to you. Yet, we recommend to begin the workshops with a Breathing technique. This creates a safe space for the participant's imagination to flourish. The second part of the introductory stage should be dedicated to the 'kick-off-questions'.



Watercolour by Jeppe Hein

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To keep the participants focused and attentive during the workshops you might want to consider alternating between Breathing techniques and experiments. End the workshops with the 'Breathing Diary' exercise that provides an environment for individual reflection and contemplation.

We thank you from our hearts for joining us in breathing! Please upload or post contributions, photos and film documentation as well as any ideas for the workshops on **Instagram** using the hashtag **#breathewithme**. An overview will be compiled by us on **www.instagram.com/breathewithmeandtheworld**.

On the necessity of breath

Preparatory material

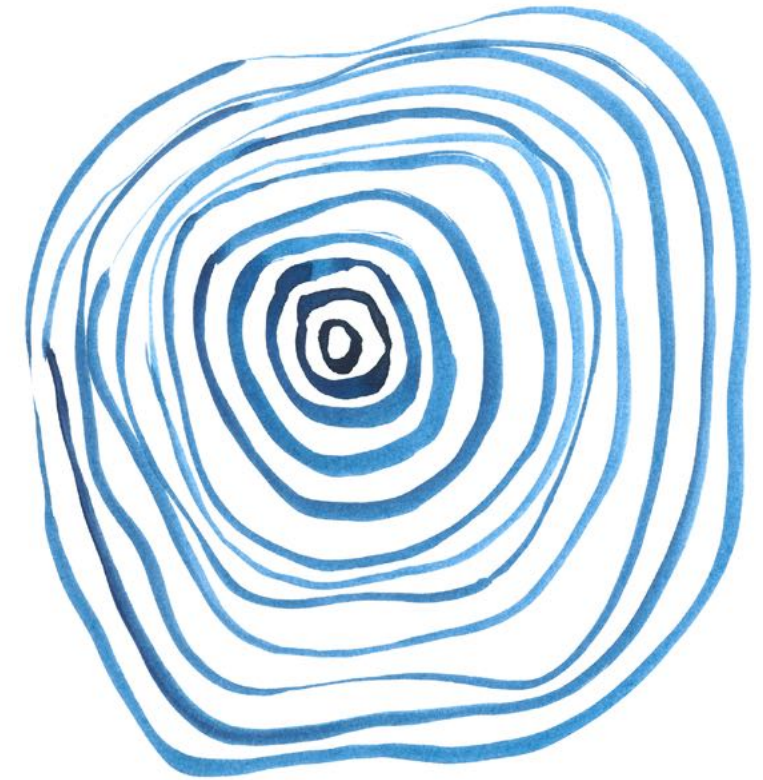
“Life begins with an inhale and ends with an exhale.
In-between we all breathe and live different lives.
And yet, each breath keeps us together,
connected, sharing the same air.”

Jepppe Hein

Breathing is a quintessential metaphor for life itself, as life on land depends on the existence of oxygen in the atmosphere of the earth. It is essential for each and every one of us and connects us all.

Every day we breathe about 21,600 times, approximately 15 times a minute. The majority of these breaths pass unnoticed and unobserved, due to its rhythm and general invisibility. Nevertheless, in order to conceive the immanent presence of air and breath in our lives just look at the people around you and you will notice that something connects us all – the movement of our chests, the necessity to breathe.

Numerous external and internal stimuli can influence the frequency of the breathing cycle in both positive and negative ways. Generally invisible, we can feel, hear and at times even smell and see the respiration of our bodies. It is constantly in flow but, although it is constant and follows a relatively steady pattern of inhaling and exhaling, it is changeable and closely connected to our emotions such as surprise, joy, fear or anxiety.



Watercolour by Jepppe Hein

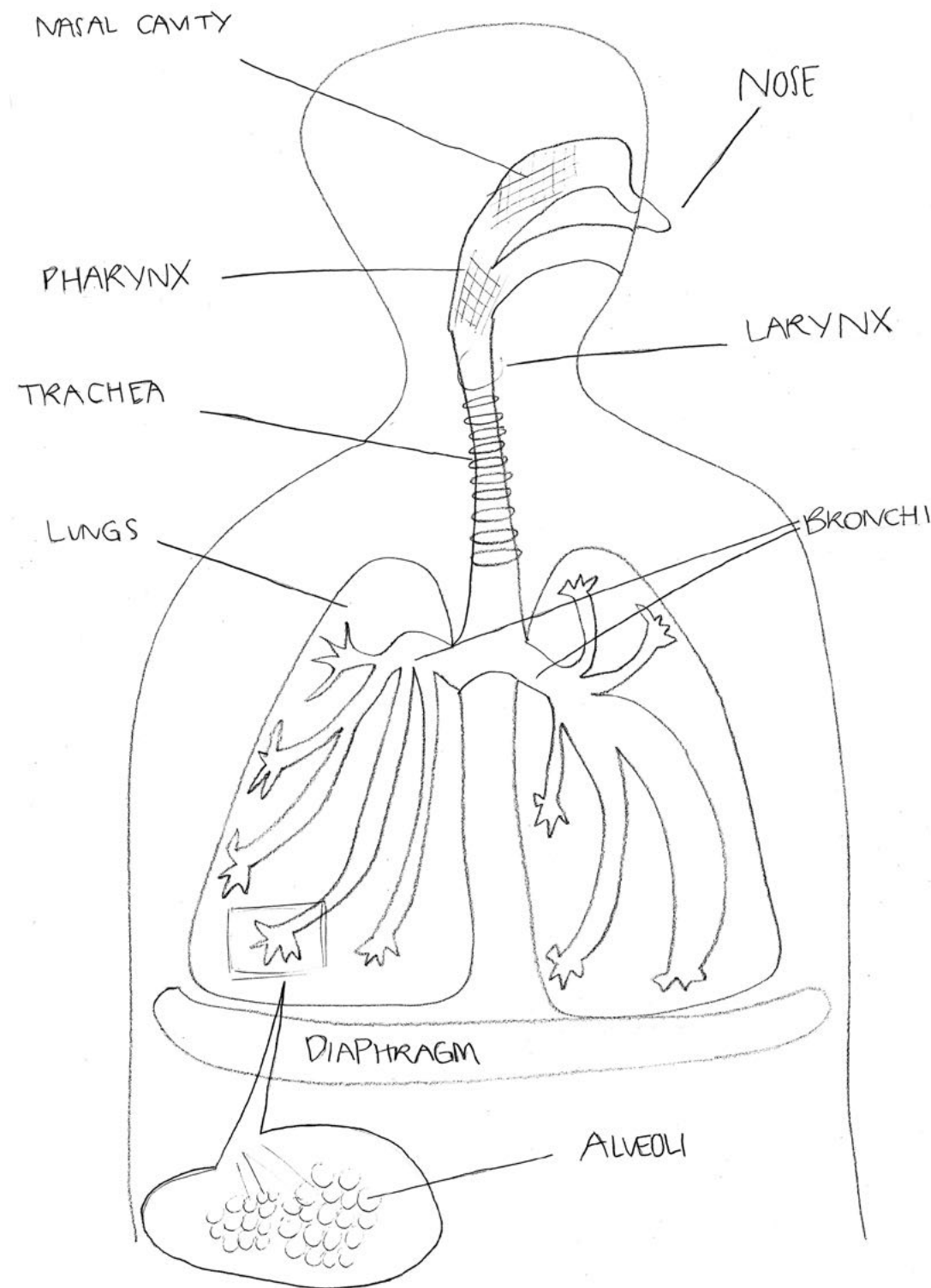
Mindfulness can become an important means in life for facing all these types of emotions. Cleansing the mind after a stressful day helps to regain focus and inner balance, both necessary for personal fulfilment and serenity. Having the opportunity to get a better understanding of the way your emotions work and how to actively control them through conscious breathing, will teach the workshop participants to reduce insecurities by literally taking a deep breath.

Breathing means to be in constant communication with the world – always present and fundamental for communication and language, it is an essential expression of the body and mind. Therefore, by controlling the breath, one mutually connects to oneself as well as to the world around. Inhaling and exhaling in a way, that allows you to be aware of your ‘being-in-the-world-with-others’ will strengthen your self-awareness and confidence as well as the ability to connect with others and eventually with oneself.

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Our lungs

Preparatory material



Respiratory tract illustration

In order to fully grasp the importance of our breath, it is crucial to understand the processes that take place inside our bodies during the respiratory cycle. In humans and other mammals the respiratory system consists of the upper and lower respiratory tract. The former includes the nose, nasal cavity, pharynx and larynx; whereas the trachea, lungs, bronchi and alveoli belong to the lower respiratory tract.

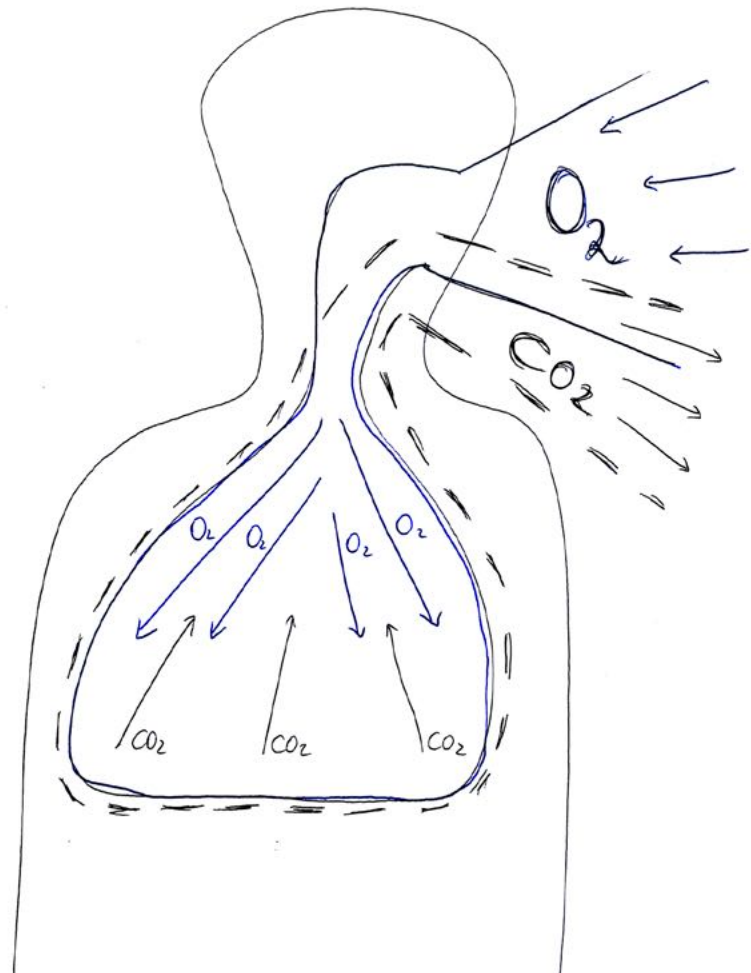
Each organ of the respiratory system has a specific function: the nose serves as an olfactory organ, the sinuses clean, moisturize and warm the inhaled air and the trachea transports it into the bronchi. The vital gas exchange of oxygen and carbon dioxide takes place in the alveoli, the larynx is essential for the formation of voice. The diaphragm is a muscle that not only separates the thoracic and abdominal cavity but its contraction and expansion is vital for inhalation and exhalation.

During inhalation the diaphragm moves downwards and the intercostal muscles between our ribs widen the chest cavity, resulting in the expansion of our lungs. Oxygen rich air is then sucked in through our nose and mouth, travelling down the lower airways until reaching the alveoli, where the vital gas exchange of oxygen and carbon dioxide takes place. During exhalation the diaphragm and the intercostal muscles relax. The diaphragm moves up and the space of the chest cavity reduces, resulting in the deflation of our lungs. Carbon dioxide enriched air is then pressed out our bodies through the windpipes, nose and mouth.

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Our lungs

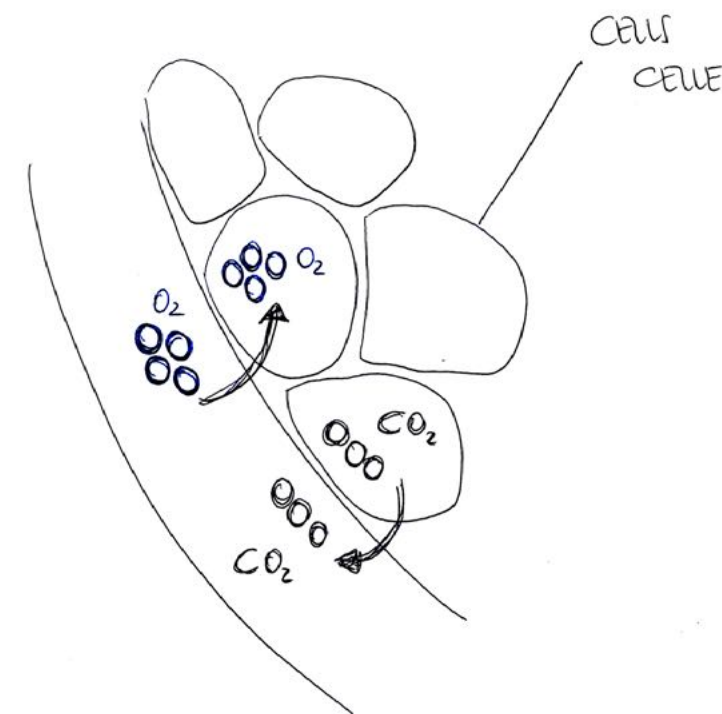
Preparatory material



External respiration illustration

In a scientific context one differentiates between 'external' and 'internal' respiration. External respiration describes the exchange of oxygen and carbon dioxide in the lungs and is a prerequisite for the oxygenation of our blood. When inhaled, our breath provides the body with vital oxygen, while exhaled carbon dioxide is transported from the body's bloodstream. Interestingly only 4% of the two gases are converted during the respiratory process.

Internal respiration, also called 'cellular respiration', is a combustion reaction that takes place within our cells. It is closely related to the functioning of our digestion, brain function or the tensing of the muscles for example. Breathing takes place at the centre of our bodies and constitutes vital functions for our human existence. Without it our cells wouldn't be able to provide our system with the necessary energy required for a healthy and functioning body.

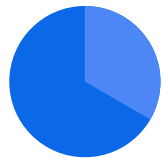


Internal respiration illustration

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Introductory questions

Workshop material



20 minutes

- Why do we breathe?
- What is breathing?
- What happens inside the body when we breathe?
- What does breathing feel or sound like?
- In which situations do you feel your breath most?
- What happens when you change the rhythm of your breath?
- How would you visualize your breath?
- Who else breathes?
- Why is breathing of such an importance to us?
- And so on....

How to...

Make sure everyone feels relaxed and comfortable with the group situation. In order to do so, you could ask the participants to start walking around introducing themselves by sharing their name and a smile with the others. Arrange the participants in a seated circle to create an open environment.

Start the workshop by asking the questions you prepared in advance. Guide the discussion by highlighting and referring to the breath in a free manner and try to draw connections between the individual answers of the participants.

Objective

At this introductory stage of the workshop it is crucial to grasp the participant's attention and spark their interest for the topic.

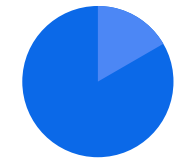
The Global Goals

Breathe with Me touches upon multiple aspects of the Agenda 2030 and it's 17 Global Goals, but with a special focus on the following:



Changing Breath

Workshop material // Breathing technique 1



10 minutes



Watercolour by Jeppe Hein

How to...

Make sure you have enough space between you and others around you. Close your eyes and stand comfortably with your weight resting slightly to the backs of your heels. Focus on your breath.

Once you feel present in the here and now, start jumping up and down and feel how your breath changes. Alternatively, play your favourite song and dance – the most important aspect of this exercise is to increase the speed of your inhalation.

As soon as your breathing becomes faster, lay or sit down comfortably on the floor. Put your hands on your stomach and chest. Close your eyes and feel the movement of your body. Pay attention to the way the rhythm of your breath and pulse reverts back to its normal state.

Objective

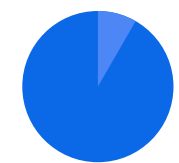
'Changing Breath' creates an active engagement with one's own body as it puts emphasis on the interrelation of breath, pulse and heartbeat.



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Sphere Breath

Workshop material // Breathing technique 2



5 minutes



How to...

Close your eyes and stand comfortably. Cup your hands in front of your stomach and imagine you are holding a delicate, invisible sphere between your hands that expands when you inhale and deflates when you exhale.

Once you feel present in the here and now, slowly open your hands while inhaling through the nose. Move them towards each other again on the exhale. Keep in mind that you are balancing the sphere in your hands. Repeat the exercise for about 20 breaths with your breath becoming deeper and deeper or as long as you feel comfortable.

Objective

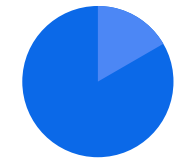
'Sphere Breath' helps to visualize the expansion and deflation of our bodies during inhalation and exhalation. The imaginative sphere expands and deflates just like our chests do, guiding the mind towards a state of clarity and serenity.

BREATHE
WITH ME

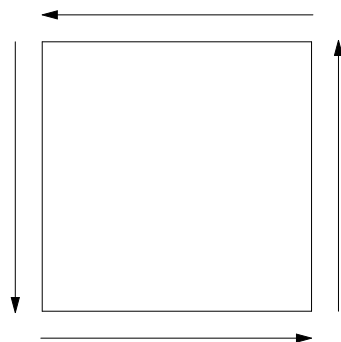
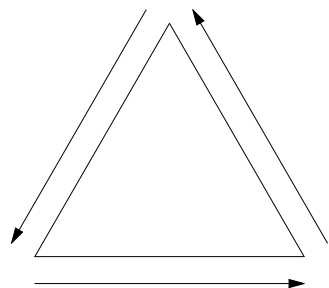
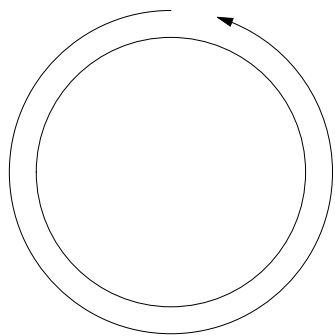


Geometric Breath

Workshop material // Breathing technique 3



10 minutes



How to...

Make sure you have enough space between you and others around you. Close your eyes and stand comfortably with your weight resting slightly to the backs of your heels. Focus on your breath.

Once you feel present in the here and now, draw an imaginary circle in the air in front of you. Each rotation of the circle represents one inhale and one exhale. Inhale anti-clockwise, exhale clockwise. Repeat and breathe consciously for 10 breaths until you feel comfortable to move on to a variation of the exercise.

Next, draw a triangle in the air in front of you. This time we will include a breath retention. Each side of the triangle represents one inhale, one holding of the breath and one exhale. Repeat and breathe consciously for 10 breaths until you feel comfortable to move on to another variation of the exercise.

Finally, draw a square in the air in front of you. This time we include two breath retentions. Each side of the square represents one inhale, one retention, one exhale and one retention. Repeat the exercise for 10 breaths or as long as you feel comfortable.

BREATHE
WITH ME

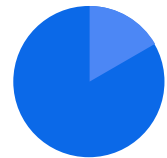
Objective

'Geometric Breath' focuses on the positive aspects of breath retention and control. By drawing a square in the air while breathing in, out and holding the breath you will feel inner relaxation and serenity.

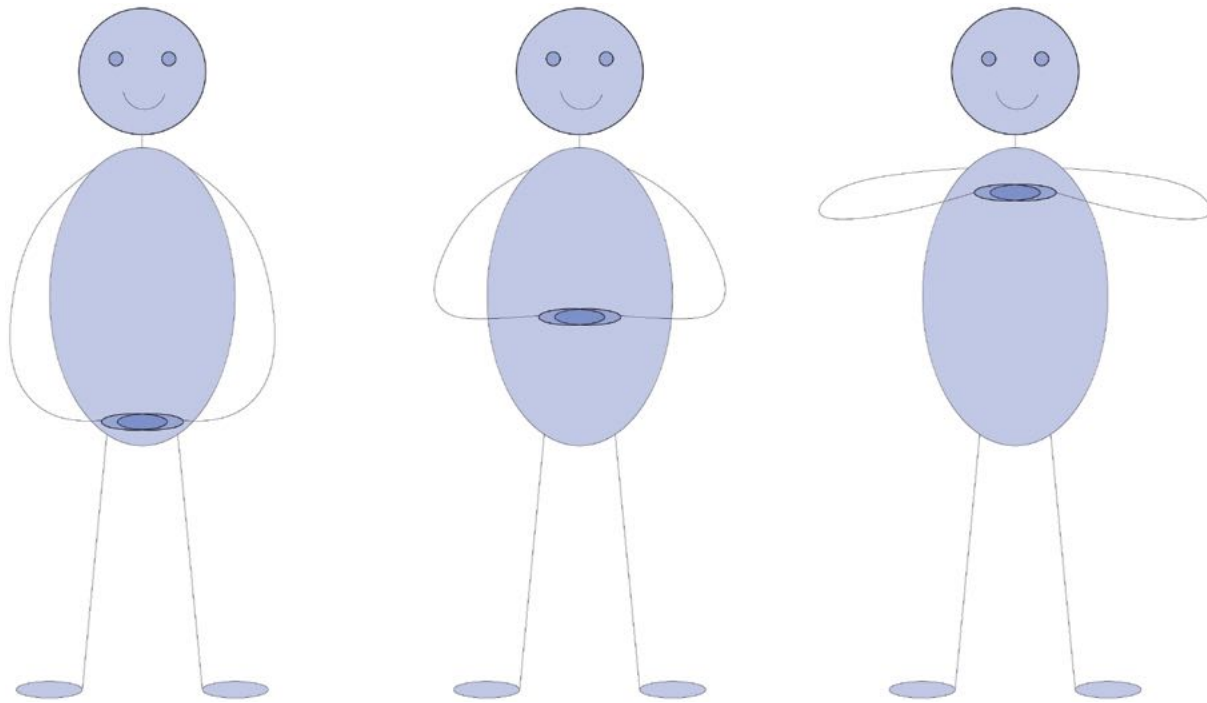


Elevator Breath

Workshop material // Breathing technique 4



10 minutes



How to...

Close your eyes and stand comfortably with your weight resting slightly to the backs of your heels. Rotate your eyeballs in a circular motion for 10 times. Focus on your breath.

Once you feel present in the here and now, place your hands on your stomach and feel the movement of your lower abdomen while slowly inhaling and exhaling through the nose. Repeat for 10 breaths.

With the palms of your hands together and upturned, move your arms up while deeply inhaling. Stop when your arms are in front of your chest. Reverse the movement for the exhale by lowering your arms once more. Put emphasis on the way your hands guide the breath through your body - breathe all the way down into your stomach and chest. Repeat the exercise for 10 breaths or as long as you feel comfortable.

As soon as your respiration becomes rhythmical, raise your arms above your head while inhaling and let them slowly arch back down while exhaling. Repeat the exercise for 20 breaths or as long as you feel comfortable.

Objective

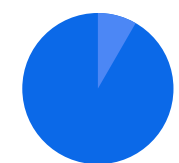
'Elevator Breath' is all about feeling grounded. The expansion and deflation felt during deep inhalation and exhalation and the movement of one's arms both activates and relaxes the body and mind.

BREATHE
WITH ME



Bee Breathing

Workshop material // Breathing technique 5



5 minutes



Watercolour by Jeppe Hein

How to...

Make sure you have enough space between you and others around you. Close your eyes and sit comfortably. Focus on your breath.

Place your index fingers on both ears closing off any external sounds. Inhale deeply through the nose, exhale through the mouth, making the exhale longer than the in-hale. Repeat and breathe consciously for 10 breaths until you feel comfortable to move on to include the humming sound to the exercise.

With eyes remaining closed, start humming as you exhale. As every participant has a different rhythm a unique sound pattern will develop. Let the sound transport all thoughts entering your mind. Repeat the exercise for 20 breaths or as long as you feel comfortable.

BREATHE
WITH ME

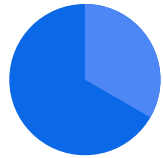
Objective

'Bee Breathing' has an immediate calming effect and a positive influence on your emotional state.



Lungs in a Bottle

Workshop material // Breathing exercise 1



20 minutes



Materials needed

- 1 old plastic bottle, cut in half
- 1 paper straw, cut in half
- 3 big balloons
- 2 rubber bands
- Modelling clay
- Scissors



How to...

To create your 'Lungs in a Bottle' take two balloons, the rubber bands and straws. Insert the straws into the balloons and seal using the rubber bands. The two uninflated balloons represent the left and right side of our lungs with the straws representing the trachea and bronchi.

Next, insert your 'lungs' into the bottle so that the straws extend from the bottle top and seal the top with some modeling clay. It's necessary for the bottle to be airtight for the exercise to work.

Cut the third balloon so that it is big enough to stretch over the bottom opening of your bottle. Cover the opening with it. Now, that the third balloon is in place your 'lungs' should work. By pulling on the balloon that represents our diaphragm the two balloons inside the bottle will inflate and while letting go, or even pushing in, they will deflate again.

Objective

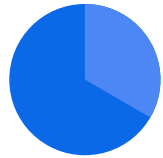
The 'Lungs in a Bottle' exercise broadens the awareness and understanding by visualizing the invisible. It provides a better understanding of the interaction between the organs and muscles involved in the respiratory circle.

BREATHE
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Inflatable Cube

Workshop material // Breathing exercise 2



20 minutes

How to...

Take a piece of paper and pencils and think about your breath. Write down any thoughts and feelings that enter your mind. Think about your message for some moments before writing them down.

Now fold the 'Inflatable Cube' as shown in the instructions. Wait for all participants to complete this part of the exercise. Everyone should inflate their cube at the same time and experience a shared moment in the here and now.

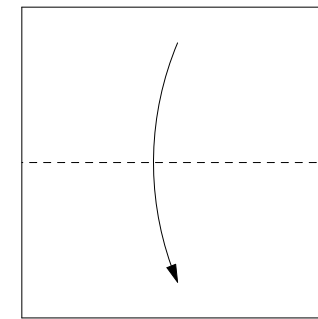
Objective

The exercise aims to focus and formulate your thoughts, with the 'Inflatable Cube' becoming a metaphorical container for your feelings.

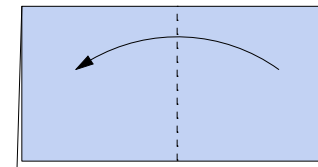


Materials needed

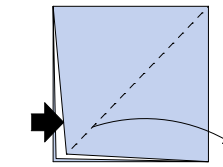
- paper, 20cm x 20cm
- Coloured pencils
- Printed folding instruction from page 62 (one for two participants)



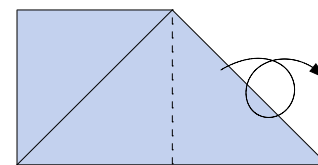
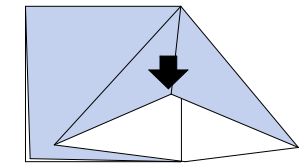
1. Fold in half



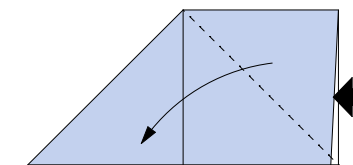
2. Fold in half



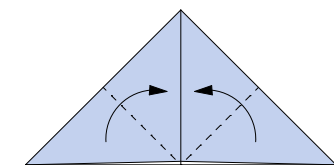
3. Place your finger on the bottom left corner and only pull the top leaf across to the right and press flat



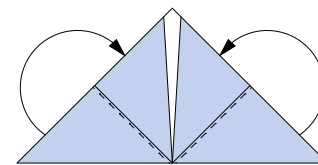
4. Turn over the paper



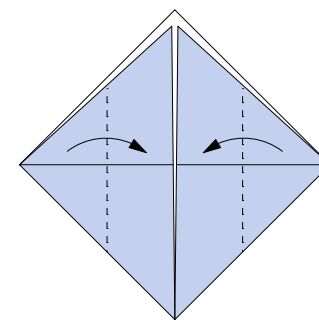
5. Repeat step 3 to form a triangle



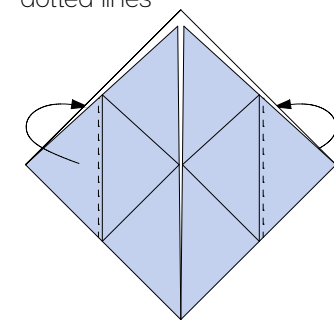
6. Fold the top leaves towards the middle along the dotted lines



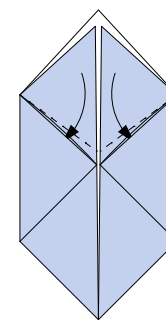
7. Turn over and fold the bottom leaves towards the middle along the dotted lines



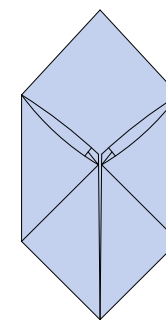
8. Fold the top corners towards the middle along the dotted lines



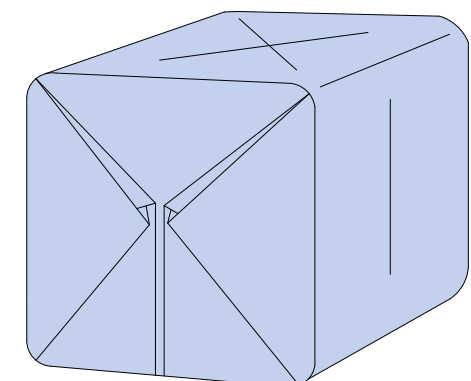
9. Turn over and fold the bottom corners towards the middle along the dotted lines



10. Tuck the loose tips into the pockets on both sides



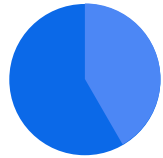
11. Inflate at the bottom



BREATHE
WITH ME

Breathing Flags

Workshop material // Breathing exercise 3



25 minutes



Material needed

- Thick white organic cotton fabric, cut into A4 size
- Dark blue water-based fabric paint
- A small container for mixing the colour
- Round head paintbrush, size 8-10
- Paper clips or safety pins
- Ball of string

How to...

Stretch out some string between two trees or posts for example. Mix dark blue fabric paint at a ratio of approximately 95% paint and 5% water.

Take a flag and make a wish for your breath. Reflect on the concepts you have been introduced to during the course of the workshop. Write down any thoughts and feelings that enter your mind on one side of the flag.

Paint your breath on the other side of your flag. For that, close your eyes and focus on your breathing. Inhale all the way down into your stomach and hold. Exhale slowly. Do this several times until you feel ready to paint your breath on to the flag.

Dip your brush into the paint and inhale. Hold. Exhale slowly and paint your first stroke from the top down. Once again dip your brush into the paint and inhale. Hold. Exhale slowly and paint the second stroke. Try and paint each stroke as close to each other without overlapping the paint. Repeat until the canvas have been painted to completion. Using the paper clips or safety pins hang the flags of all participants on the string.

BREATHE
WITH ME

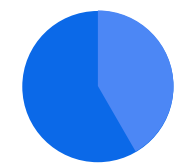
Objective

By expressing a silent wish for one's own breath, you will connect with your own respiration and the collective breath of others.



Breathing Circle

Workshop material // Breathing exercise 4



25 minutes
(dependent on
workshop size)



Studio visitors painting on T-Shirts

Materials needed

- White organic cotton T-shirts, washed and ironed
- Dark blue water-based fabric paint
- 2" (5cm) round paintbrush
- A small container for mixing the colour
- Cardboard for clothes protection
- Masking tape

Preparations

Cut the cardboard so that it fits underneath the T-shirts to protect your clothes while painting. Tape it to the body with masking tape. Wear the white cotton T-shirts on top of this. Mix the dark blue fabric paint at a ratio of approximately 95% paint and 5% water.

How to...

The participants line up in a circle. They close their eyes and focus on their breathing. Everyone inhales all the way down into their stomach, holds the breath and exhales slowly. This can be repeated until the group feels ready to paint their breath on the T-shirts.

The first person begins: Dip your brush into the paint and inhale. Hold. Exhale slowly and paint your first stroke from the top down. Once again dip your brush into the paint and inhale. Hold. Exhale slowly and paint the second stroke. Try and paint each stroke as close to each other without overlapping the paint. Repeat until the T-Shirt has been painted to completion, then hand over the paint. Repeat until everyone has painted on someone else's back.

Objective

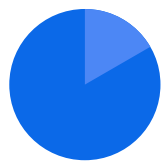
By painting your breath on someone else's back, 'Breathing Circle' puts emphasis on the community spirit of the group. By handing over your breath to others, you experience that each breath keeps us together, connected, sharing the same air.

BREATHE
WITH ME



Breathing Feathers

Workshop material // Breathing exercise 5



10 minutes
(dependent on
workshop size)



Materials needed

- Feathers (one for four participants)

How to...

The participants sit comfortably in a circle. They close their eyes and focus on their breathing. Everyone inhales all the way down into their stomach, holds the breath and exhales slowly. This can be repeated until the group seems ready to start the exercise.

The first person begins: Pick up a feather and place it in the palm of your hand. Inhale deeply and, on the exhale, blow the feather gently towards the person seated next to you. The next participant then tries to catch the feather floating in the air and passes it on again by repeating the exercise. Repeat until everyone had the chance to blow the feather at least once or as long as the participants stay focused on their breath. Add more feathers if you like the exercise to be more energizing than contemplative.

Objective

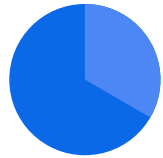
Blowing the feather from participant to participant weaves an invisible thread between their breaths, that so gently guides the feather through the air. 'Breathing Feathers' may hereby have a calming or energizing effect.

BREATHE
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Breathing Diary

Workshop material // Breathing exercise 6



20 minutes

How to...

Close your eyes and focus on your breathing. Inhale all the way down into your stomach and hold. Exhale slowly. Do this several times until you feel ready for this exercise.

Write down the date on the first paper. Paint your breath as instructed on page 13 & 14 on the second paper. Write down the words 'I am right here, right now' on the third paper. Now let your thoughts enter your mind freely on the following papers.

Paint everything that comes into your mind and reflect on all the things you experienced in the Breathing workshop. Choose colours according to your emotional state. Let go of all external stimuli and fully focus on your paintings. Paint as long as you feel like.

Materials needed

- Watercolour paper, A4 (minimum 10 papers per participant)
- Box of watercolours
- Fine paintbrush, size 8-10
- Glass of water

24-0-2012



I
AM
RIGHT HERE
RIGHT NOW



BREATHE
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Watercolours by Jeppe Hein

Objective

'Breathing Diary' is inspired by Jeppe Hein's own practice of painting watercolours to reflect on the day. It helps to enter an inner dialogue with oneself. It gives room for the unconsciousness to arise.



Contact

How to share your breath with us

We thank you for joining us in breathing! Please upload or post contributions, photos and film documentation as well as any ideas for Breathe with Me projects and workshops on **Instagram** using the hashtag **#breathewithme**. An overview will be compiled on **www.instagram.com/breathewithmeandtheworld**.

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Follow the project on

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