



For Voice and Body
For any number of performers.

I.

All stand in group. Face multiple directions. Listen.
Sway. (Relaxed body, like tree, trunk vertical, movement of swaying from center)
Inhale and Exhale listening to breath sounds or self and other. Lips begin in gentle O shape. Play with shape of mouth affecting sound.

II.

Imagine and move with and through O (image above) in sound and movement.
Invite tones and texture of tongue/breath sounds.

III.

Conclude by returning to group swaying. Close enough to place hand on another persons shoulder. Sway together. Sound diminishes into silence. Sway diminishes into stillness.

For Pauline Oliveros
By Leah Stein. November 2016