

Breathing Backwards

Breathe in.

Your body is not a vessel.

(pause)

It does not remain unchanged by what it takes in and what it gives out.

Breathe out.

Your body is in flux -

(pause)

altered by, as well as altering, what it receives.

Breathe in.

In performing this score (receiving and expelling air),

(pause)

you are both extending your body-self beyond your skin, and,

Breathe out.

as your breath dances and disperses in the aerographical realm,

(pause)

you are transforming **the air** around you; vortex.

Breathing Backwards

Hannah Foley

Breathing Backwards is an investigation into the reciprocal relationship between body and space; a gentle meditation on the ways in which breath may deepen our understanding of the external world.

The performance is an activation of, and conversation with space; movement of breath drawing on, in and with air.

<https://hannahfoley.art>

The Barracks | Opening June 12
Performances June 19 & June 26,
1pm & 1.45pm (limited capacity)

Kelly's Garden | Opening June 17
Performances June 17 & July 1,
5.15pm & 6pm

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