

In One Breath

For solo performer

Paul Burnell

Choose an instrument that can sustain any 6 pre-determined pitches (piano, vibraphone etc.) or a collection of six resonating bowls, gongs etc.

Take a deep breath and whilst holding your breath play the pitches/instruments in any order, but within phrases of 13 notes, always sustained – rhythm and dynamic ad lib. Each phrase is separated by a long pause.

At the start the speed is fast, then gradually slows.

When you need to breathe again stop playing. Breathe audibly as the final sounds die away.

There is likely to be a tension in the performer between the time it takes for the music to slow down, and the increasing need to breathe.