**Pif-Paf's And...Breathe Host Briefing.** - Jan 2025

Thank you for hosting And...Breathe.

The installation encourages you to breathe with it. It is a calm and invigorating space with a sound and light world that slowly develops over a 15 minute cycle.

Your job is to welcome people into the space and to gauge how much input they need - some people wang to explore first and some want to be told all about it before they start.

The best thing you can do is just play with the installation yourself - showing by doing if people are not interacting with it or sitting and looking up at the lights.

You can tell public that the installation can be interacted with by moving your body or hands up and down along the lights as they breathe in and out.

Each column has a different set of sounds that harmonises with their neighbour and you can work together to make your own chords.

People are welcome to touch the sculpture, it is pretty robust

(We do not want them to poke the speakers above them, explore the little tech hutch or start reaching up and pulling wires)

The idea for And...Breathe came from Co-Director Eleanor Hooper's work leading singing, breath work and meditation sessions with different groups. The structure is made from Ash Trees close to our workshop that had to be felled and milled. We machined and traditionally Steam Bent the wood ourselves. The music and voices are mainly Eleanor Hoopers, her partner Pete Gunson led on the build and software was developed by Jono Richardson

Pif-Paf is a small arts company based in Sheffield, we make street theatre shows for the summer and several installations like this for teh winter, this is our biggest project yet.

And...Breathe's development has been supported by LevelCentre - a centre for arts for all - and Arts Council England Lottery Funding.

**Pete's number is 07931 339 161** - ring him if anything looks like it is not working or if you need any answers or support.