

# Walking Breath

Breathing — No Instrument (Allard)

## WHAT THIS CORRECTS

Overthinking breath. Integrates control with motion, bypassing mental interference.

## MATERIALS

Open space. No instrument.

## AT A GLANCE

- Walk + breathe: in 5 steps, hold 5, out 5

- Extend gradually to 8-4-10, then 20-count cycles

- Walk stays constant — breathing rides on top

- Meditative quality calms the nervous system

## PROCEDURE

### 1 CLEAR SPACE.

**SAY** "Everyone up. Leave instruments. We're walking."

### 2 ESTABLISH PATTERN.

**SAY** "Walk normally. In through nose for 5 steps. Hold 5. Out through mouth for 5."

### 3 COUNT TOGETHER.

**DO** Walk with students. Count aloud: "In-2-3-4-5, Hold-2-3-4-5, Out-2-3-4-5."

**CHECK** Watch for students who stop walking on the hold, or speed up on exhale.

### 4 REMOVE YOUR VOICE.

**SAY** "On your own now. Keep walking, keep the pattern. Silent."

**DO** Let them walk 1–2 minutes quietly.

## 5 EXTEND.

**SAY** *"Stretch it: in 8, hold 4, out 10. Exhale always longer than inhale — that's how phrases work."*

## 6 CONNECT TO MUSIC.

**SAY** *"This is the breath for a long phrase. Relaxed, low, steady. Your body just did it for two minutes."*

### ASSESSMENT

■ Steady walking  
pace throughout

■ Nasal inhale,  
quiet, belly-driven

■ Extends to 8-4-10  
without tension