

MUSICAL BREATHING MEDITATION

with clarinettist Annelien Van Wauwe



A one hour workshop with clarinettist and certified yoga instructor Annelien Van Wauwe containing yoga breathing techniques, meditations for beginners and live music fragments from Sutra by Wim Henderickx for basset clarinet solo in A and electronics. The clarinet concerto which Wim Henderickx wrote for Annelien Van Wauwe is based on the principles of yoga. The first movement of the concerto was given the name 'Pranayama' or 'Breath of Life'. It is, as it were, the breath waking up: the perfect starting point for this workshop. No previous experience is required for this workshop.

Trailer: Sutra Recording: <https://youtu.be/VzFcFr5GMMA>

Video Excerpt world premiere Glasgow: <https://www.youtube.com/watch?v=VzFcFr5GMMA>

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