

Abstract - Research and Documentation into 'Middendorf Breath Work'  
Brad Gibson and Dale Genge (researchers)

*Breathexperience* is an artistic form of somatic education. The practice involves focusing and sensing breath movement, how we experience our breath, without interfering with its natural rhythm. This work was initially developed by Prof. Ilse Middendorf. Through simple exercises the participant becomes aware of breath principles and can participate with them as a tool to experience and understand breath movements as the source of creativity and expression that is fundamental to the acting process. Developing a somatic intelligence that encompasses physical, cognitive, sensate, intuitive and emotional experiences. Movement, gesture, voice and text are all initiated and supported from this source. There are currently few available resources for this work that provide a methodology of this practice. The researchers have been compiling verbatim transcriptions of the work to capture the style of teaching and the choice of language vital to the precise transmission of this technique, which will then be pedagogically applied to acting, voice and movement curricula.