

**CAROLINE WRIGHT**  
BREATH CONTROL



PHOTO BY TONY MILLINGS

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**ARTS  
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## **BREATH CONTROL**

Breathe in...  
And out...  
And... don't... stop.

**Breath Control** is about the inhalations and exhalations that form the melody, rhythm and punctuation of our everyday existence.

Although breathing is universal, it is personal. It is a sustaining action that can be both conscious and subconscious, completely taken for granted and the sole focus of life itself. So far, the project has been realised through three different artworks:

**Breath Control: Notes** is a durational installation where the public is invited to sing the longest note they possibly can from one breath. This single vocalised note is collected alongside data from the participant about their basic respiratory health. The collected sounds are edited into a soundscape and alongside projected analysis of their data in relation to air pollution statistics.

**Breath Control: Hyperventilation** was a one-off theatre event that blended choreography, theatre and a locally recruited Breath Choir. This performance was created in response to medical information about over-breathing and hyperventilation – more specifically the medically recommended 7 steps for healthy breathing.

**Breath Control: Osmosis** is a live art piece that has the physical, audible act of taking a breath at its core. Through an intimate relationship between audience and Breath Choir, the piece explores the territory of local and global air quality, and our relationship with our own breath, as gift, as voice, as life.

The project is supported by in-kind support from Life of Breath, Bristol. **Notes** was originally commissioned by Space to Breathe and was shown at Somerset House as part of UTOPIA 2016. **Hyperventilation** was originally commissioned by, and premiered at Cambridge Junction as part of the Cambridge Science Festival, and subsidised with public funding through ACE National Lottery grants. **Osmosis** premiered at Latitude 2017 as part of the Wellcome programme.



PHOTO BY ROSE POWELL

## **FURTHER INFORMATION**

### VIDEO AND PHOTO

[Watch the trailer.](#)

View a gallery of [promotional images.](#)

### PARTICIPANT QUOTES

“It was a great experience, and I enjoyed every part of it.”

“A stunning piece that draws you in from the moment it begins. I became suddenly very aware of something that I take for granted every day.”

“Seeing the range of positive and emotional responses when we interacted with the audience and brought them into the performance was something I’ll never forget.”

### PREVIOUS PRESENTATIONS

Pier Projects, Felixstowe

September 2018

Usher Gallery, Lincoln

September 2017

Latitude Festival, Henham Park

July 2017

Cambridge Science Festival, Cambridge

March 2017

Somerset House, London

January 2017



PHOTO BY ROSE POWELL

## ABOUT CAROLINE WRIGHT

Caroline Wright's work examines subjects that are common to us all: our voices, the way we breathe and the actions, objects and memories which we surround ourselves with. Her work, which is realised in live and visual art, occupies a place that shifts between knowledge and imagination, presenting ideas in myriad forms, offering new perspectives through a process of reconfiguring and transforming.

Caroline's performances enmesh voice and song with live visual experiences frequently working with groups of people who are local to the performance site in interactive and immersive works. She examines the nature of being, informed by mortality and personal traces, and through the live encounter asks the audience to re-think everyday experiences.

Caroline's recent works include: *Out of Water* (with Helen Paris), a performance for London 2012, PSi 19 in San Francisco, USA and Edinburgh Festival; *Temporal*, an exhibition of egg tempera paintings at Cambridge Junction Business School, accompanied by vocal performance drawing on classical music from different cultures with re-imagined libretti, and *My Home is my Museum*, a performance and public collection of objects for Curating Cambridge. Caroline has shown work at festivals and venues such as *In Between Time* at Arnolfini, *Outpost Norwich*, *Latitude Festival*, *Home Live Art* and *Wysing Arts Centre*.

In September 2013, Wright curated the inaugural PILOT Festival in coastal Brightlingsea, Essex. She is currently Fine Art Programme Leader at post-and undergraduate level for The Open College of the Arts/University of the Creative Arts. She is a member of the artist collective Live Art Collective East (LACE), the Misreading Group and a founding member of AIR. Caroline was the River Cam Artist-in-Residence 2018-19.



PHOTO BY ROSIE POWELL

## TECHNICAL SPECIFICATIONS

### BREATH CONTROL: NOTES

- One-to-one installation
- Can be reimagined for different public and gallery spaces
- 1-3 people on the road in 1 van
- Minimum 1 hour set up
- Currently requires one member of the team to run it at all times, but could be developed into an independent installation or sound piece

### BREATH CONTROL: OSMOSIS

- Live art performance that can be scaled for any size indoor performance space
- Duration: 40 minutes
- Made and performed in collaboration with soprano Laura Wright
- Performed with Breath Choir, some of whom would ideally be recruited locally
- The more participants, the higher capacity of audience can be reached (ratio: 1 performer to 7 audience members)
- 2-4 rehearsal sessions with local participants
- Minimum 1 hour set up
- The piece can be re-envisioned to accommodate larger audiences
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## ACCESS

**Audio rich work.** This work is high in audio content and is accessible to visually impaired audiences