

# And... Breathe



**And... Breathe** - A new sound and light installation from **Pif-Paf** exploring breath, breathing alone and breathing together, mixing science and the raw joy playing together, sound and light. It mixes theatre with play. The idea started from Article 31 of the UN Convention on the rights of the child. It aims to inspire us to overcome the barriers to play ourselves and create worlds through play with our families and communities.



It is a mid scale installation - up to 9m x 9m area and 5m tall for the structures ground based elements. The structure is sculpted and **steam bent Ash** with integrated lights and sound as well as a "global" sound scape. Clever use of intelligent lights will bring the sculpture very much to life.



**Practicalities:** We have full standard RAMS.

- We require a Level, well drained area - 9m x 9m and 5m height clearance
- 5m central area - must be level (incline 20cm max)
- 1 x 240v power supply
- 2x local crew to assist with get in & out
- Security and stewarding provision when live.
- The sculpture is fully weather proof, suitable for indoors and outdoors.
- We can set up in 8hrs
- Pack up down in 3hrs
- Van access to site for set up and pack down. With parking nearby if van moved off site.
- 2 x single B&B accommodation (TBC)

More images, [videos](#) and info about AB can be found at:

<https://pif-paf.co.uk/portfolio/and-breath/>

### **What people are saying about 'And... Breathe':**

“Absolutely loved And.....breathe yesterday, it’s beautifully crafted and so meditative. Love it. Well done”

*Jude Jagger - Things that go on things - Creative Producer*

### **Who are Pif-Paf?**

A highly acclaimed visual and physical theatre company, Pif-Paf creates stunning and constantly evolving work from the intimate to the extreme. Since 2005 we have taken audiences on a roller-coaster ride through a land of giant puppets, natural history, mobile theatre and high adrenaline circus.

### **Connect with us**

Email            touring@pif-paf.co.uk  
Twitter           @pifpaftheatre  
Facebook        @PifPafTheatre  
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Website          [www.pif-paf.co.uk](http://www.pif-paf.co.uk)



### **Marketing Copy:**

**35 words:**

**And...Breathe** A new sound and light installation from **Pif-Paf** exploring breath, breathing alone and breathing together, mixing science and the raw joy playing together. A tactile piece that encourages interaction and mindfulness and... breathe

**85 words (Audience/promo):**

**And...Breathe** is a new sound and light installation from **Pif-Paf** exploring breath, breathing alone and breathing together. A tactile piece that encourages interaction and mindfulness.

Stay a while and enjoy this fully immersive experience, use your breath to interact with the lights and sound.

Breath is such a powerful tool for us all to find security and calm both in the moment and in our lives. With a pair of lungs, a few minutes and the right place we can find surprising joy.