

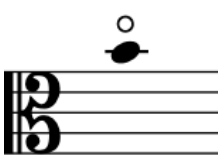
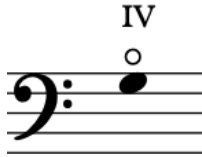


**Recovery** for String Quartet*all pp-mp, 3.5 - 5 mins***A**i. **Focus** on your breathing.

1'30" - 2'

Gradually **deepen** your breath, make it **audible****Bow the side of your instrument** in time with your breathing. Up bow, inhale - Down bow, exhale. Don't mute the stringsii. In your own time, bow **harmonic 1** in time with your breathing: (up/down as above), feel free to close your eyes

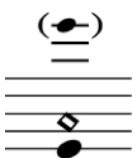


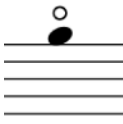
Harmonic 1

	V1	V2	Vla	VC
	IV	I		IV
				

iii. **Pause & breathe** (wait for the others)**B**i. Begin first bow in unison. Bow **harmonic 2** in time with your breathing:

1'30" - 2'

Harmonic 2

	V1	V2	Vla	VC
				

ii. When you are ready...

**Violin 1:** return to **harmonic 1****Violin 2:** begin bowing **open G** in time with your breathing**Viola:** **continue sim.** on harmonic 2**Cello:** begin a **drone on open A****C**Return to **bowing the side of your instrument and/or audible breathing** in order: **V2, Vla, V1****Cello:** drone, **gradual dim.****End,** let your breathing return to normal.

0'30" - 1'