

How to hire

Breathe is available to hire through the Diocese of Blackburn, Board of Education.

You will need a space big enough to accommodate the floor mat with circulation space around it. Ideally this will be a room 12m square or bigger.

Depending on the individual, participation in Breathe can take from 15 minutes to an hour. It is suitable for use with groups of up to 30 people at any one time. Hire costs are explained in the attached sheet.

To make a booking please contact Jill Ivison
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Breathe

EXPLORE:DISCOVER:WONDER:REFLECT:RESPOND:QUESTION



Breathe



Breathe is an interactive meditation experience.

Using tracks on an mp3 player to guide you, you can move around the multi-coloured mat at your own pace, being challenged to consider your own unique self, behaviour and relationships with others.

By placing bricks on the scales your global footprint is revealed.

In the green section regrets can be shredded.

Consider the nature of God as you journey through the red, orange and yellow segments.

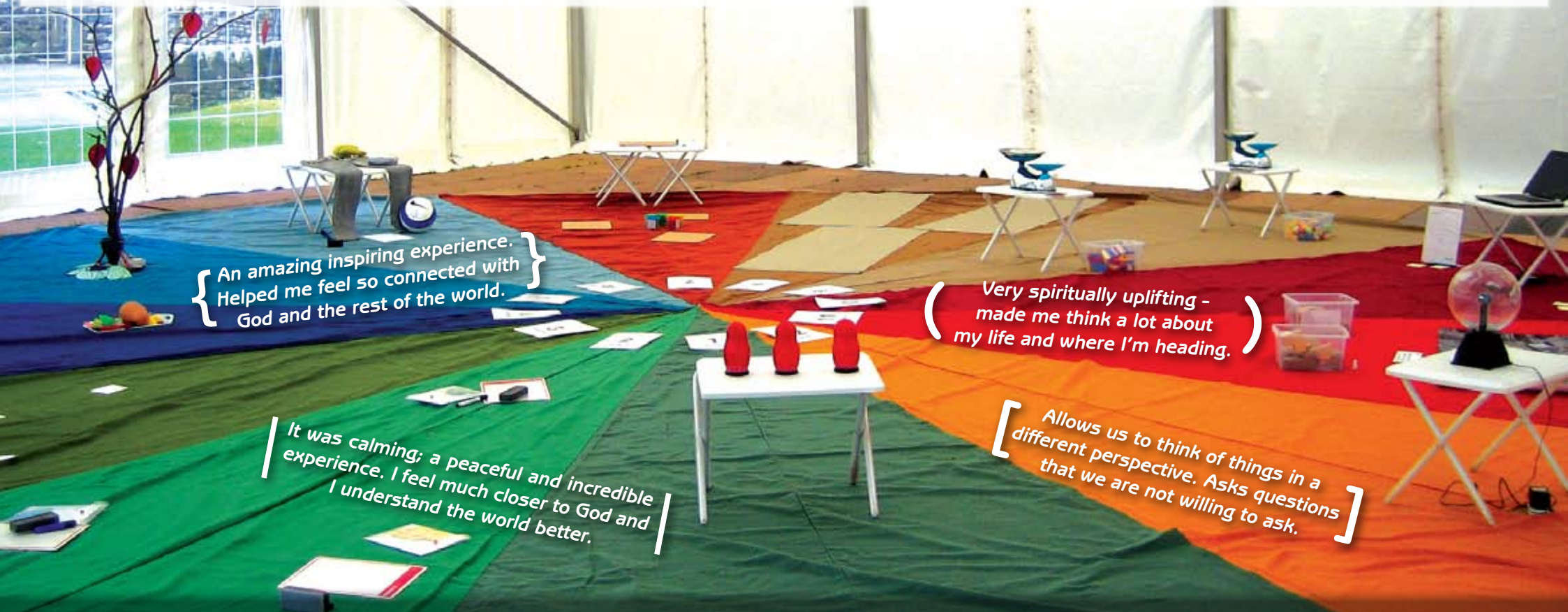
The imaginative use of colour, light, music, and objects allows you to be totally engaged in the various activities.

Add a new dimension to special events, the RE curriculum and residential activities. Breathe can be used in schools, churches and youth groups.

Breathe comprises a large mat (10m in diameter) divided into 12 segments. Each segment offers a different reflection and activity about yourself, other people, the planet and God. Explore topics such as what makes human beings unique? How can we care for the planet? What is prayer? Who are the most important people in my life?

Breathe is suitable for people aged 10 - 100, of all faiths and of none. However it has been designed to allow participants to engage with Christian ideas. Breathe gives time and opportunity for deep thinking.

Experiencing Breathe touches your spirit and, if you let it, your understanding of yourself and God.



An amazing inspiring experience. Helped me feel so connected with God and the rest of the world.

It was calming; a peaceful and incredible experience. I feel much closer to God and I understand the world better.

Very spiritually uplifting - made me think a lot about my life and where I'm heading.

Allows us to think of things in a different perspective. Asks questions that we are not willing to ask.

Beliefs : Values : Attitudes : Choices : Behaviour : Self Awareness