



## Centering

1979

this piece was developed as a warm up piece

### aims

bring the musicians together  
get used to the range of sounds  
become relaxed playing together  
create a starting point of a single note for each musician (this note need not necessarily be the same)

### requirements

3 pitched instruments or more  
players of any musical ability  
1 designated conductor / facilitator

### guidance

shut your eyes and think of a note on your instrument – one where you can comfortably play to an octave above and an octave below  
breath deeply  
do not listen to what is going on around you  
play your chosen note quietly and for a very short period - staccato  
leave a three or four second gap and play the note again  
after you have played the note 5 times start listening to what is going on around you and gradually adjust the pitch up or down if you feel it makes the overall sound more united or interesting  
after 15 seconds or so increase the volume of your playing as you become more content with the sound you are hearing  
make changes to the pitch less frequently and only when you feel it is really necessary  
slowly increase the length of the note and decrease the spaces between them  
the conductor / facilitator may point to specific participants and indicate that they lower or raise the pitch of the note they are playing  
the conductor / facilitator will stop the piece when he is happy with the outcome / or there are no further developments / or after 10 minutes  
when the conductor stops the performers should remember the note they are playing as this may be the starting point for the next piece  
the conductor may repeat the process

