

# whistles whittling

for two whistlers

Become immobile statues breathing gently and silently...

**inhale** quick & silently  
**whistle *egressively*** intensely high, quiet & airy  
**hold** as long as physically possible

...wait (5-7 seconds)...

**inhale** quickly & silently  
**whistle *ingressively*** intensely high, quiet & airy  
**hold** as long as physically possible

...wait (5-7 seconds)...

**inhale** quickly & silently  
**whistle *egressively*** intensely high, quiet & airy  
**hold** as long as physically possible

...wait (5-7 seconds)...

*etc...*

...upon fatigue, finish.

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Do not start whistling together  
To be performed from memory