



## Vår\_pust 01

### breathe |brēð|

verb [ intrans. ]

take air into the lungs and then expel it, esp. as a regular physiological process : *she was wheezing as she breathed* | **breathe in** through your nose | *he **breathed out** heavily* | [ trans. ] *we are polluting the air we breathe.*

- be or seem to be alive because of this : *at least I'm still breathing.*
- poetic/literary (of wind) blow softly.
- [with direct speech ] say something with quiet intensity : *"We're together at last," she breathed.*
- (of an animal or plant) respire or exchange gases : *plants breathe through their roots.*
- [ trans. ] give an impression of (something) : *the whole room breathed an air of hygienic efficiency.*
- (of wine) be exposed to fresh air : *red wine needs untold time to breathe.*
- (of material or soil) admit or emit air or moisture : *let your lawn breathe by putting air into the soil.*
- [ trans. ] allow (a horse) to rest after exertion.
- ( **breathe upon** ) archaic or poetic/literary tarnish or taint : *before the queen's fair name was breathed upon.*

#### PHRASES

**breathe ( freely) again** relax after being frightened or tense about something : *she wouldn't breathe freely again until she was airborne.*

**breathe down someone's neck** follow closely behind someone. • constantly check up on someone.

**breathe one's last** die.

**breathe ( new) life into** fill with enthusiasm and energy; reinvigorate : *spring breathes new life into a wintry woods.*

**breathe a sigh of relief** exhale noisily as a sign of relief (often used hyperbolically) : *they breathed a great sigh of relief after the election was won.*

**live and breathe** see **live** 1.

**not breathe a word** remain silent about something; keep secret.

**Når:** Lørdag 4.Juni kl. 11:00 – 12:00-ish

**Hva:** Gjennom å observere og aktivt delta i pusten reguleres pusten og pusterommet utvides. En behagelig time med avslapning og litt guidet meditasjon med tilstedeværelse i pusten som metode og mål. "If you don't breathe right, you don't feel right"

**Hvor:** S.P.A.C.E, Thorvald Meyersgate 56. Vis a vis Food Story. Inn i bakgården mellom metodistkirken og kafe Kaos, opp i andre etasje og inn den røde døren.

**Påmelding:** Da det er litt begrenset med plass si ifra om du (og/eller noen du kjenner) har lyst til å komme, enten på mail: [marcel@betarom.no](mailto:marcel@betarom.no) Eller tlf: 47418378, det koster ikke no.

Bare ta kontakt dersom du har spørsmål.