



ANATOMY OF SOUND™ · TOUCHLESS TEACHING FOR PERFORMING ARTISTS AND PERFORMING ARTS EDUCATORS

BREATHE WELL

A Free Introductory Workshop · Touchless Teaching for Ensemble Directors

Discover · Breathe · Transform — AmyPorter, Founder, AnatomyofSound™

Creator, My Breathing Buddy™ · www.AOSWORKSHOP.com

FREE
EVENT

FREE INTRODUCTORY SESSION — OPEN TO THE PUBLIC

DATE

Saturday

October 24, 2026

TIME

10:00 AM

to 11:30 AM

LOCATION

Hankinson

Rehearsal Hall

1380 Moore, U-M SMTD

Ann Arbor, MI

RSVP

No Registration

Just Show Up!

~80% increase in student understanding
of breath mechanics

~60% improvement in self-reported
focus and calm

Initial pilots & university use — expanding to K–12 contexts. Strong educator adoption after a single demonstration.

What You'll Experience

- **Discover** breathing anatomy — body, breath & music
- **Explore** My Breathing Buddy™ 3D lung model
- **Learn** touchless breath techniques for your classroom
- **Understand** the 7-Day Starter Pack for directors
- **Connect** with Anatomy of Sound™ educators

Perfect For ...

- Band, orchestra, choir, theater & dance directors
- Athletic coaches & K–12 educators
- Educators curious about breath-centered teaching
- Anyone exploring touchless, inclusive strategies

The Full Workshop Includes

- 2.5-hour in-person professional learning workshop
- My Breathing Buddy™ 3D simulator (50% off for pilot)
- FREE Anatomy of Sound book by Amy Porter
- Reflection journals & follow-up resources
- Optional SCECH credit (MI – Sponsor UMICH SMTD)
- Alignment with professional learning standards

Full Workshop: \$350/person · District Pilot rates available

3-Phase Pilot Structure:

- Phase 1: In-person training + tool & curriculum
- Phase 2: Classroom implementation
- Phase 3: Surveys, feedback & evaluation

No cost · No registration required · Just show up!

This free session is an introduction to the full BREATHE WELL™ Workshop (\$350/person).

“One tool. Every body. Every classroom.” — Amy Porter

Professor of Flute, University of Michigan



aosworkshop.com/breathe_well_workshop
www.mybreathingbuddy.biz

Amy Porter · Founder, Anatomy of Sound™

Creator, My Breathing Buddy™

VoiceBox 3-D LLC · INSPIRA Foundation (Launching 2026)

Breathe Well. Move Well. Live Well.