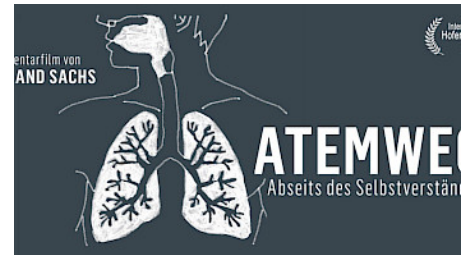


BREATH - BEYOND THE OBVIOUS

by Elí Roland Sachs



SYNOPSIS

A young man takes a deep breath in and out again, then he swallows air to fill his lungs. Meditation and therapy, exercises for breath through breath control, artificial lungs and the voluntary transition boundary to the edge of unconsciousness. From the first to the last breath, from the martial artist to the boys' choir: as simple and self-evident breathing seems at first glance, so complex and effective it is when we look closer. The film BREATH lives from the recent discovery of an everyday action that every person exercises every day a thousand times.

FESTIVALS

47th Int. Filmfestival Hof (world premiere)
STRANGER THAN FICTION - 16. Dokumenta filmfest
Sehsüchte - Internationales Studentenfilmfestival 2014
Monterrey Film Festival 2014
Snowdance-Filmfestival 2015

CAST AND CREW

DIRECTOR Elí Roland Sachs · PRODUCER Fabian Driehorst ·
SOUND Simon Konrad, Elí Roland Sachs, Moritz Minhöfer ·
EDITOR Ivan Morales jr. · DOP Markus Kloth, Elí Roland Sachs ·
SOUND DESIGN Shinya Kitamura

Germany 2013

74 min

ORIGINAL TITLE

ATEMWEGE - Abseits des Selbstverständlichen

FORMAL CATEGORIES

Social issues, Sports, Science

ORIGINAL LANGUAGES

German, English

PREMIERE

Germany (2013)

PRODUCTION COMPANY

Kunsthochschule für Medien
Köln | KHM

Peter-Welter-Platz 2
50676 Köln

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<https://fabianfred.com>

LINKS / REFERENCE

VOD

<https://vimeo.com/ondemand/...>

<http://www.khm.de>

<https://www.facebook.com/at...>

<http://www.fabianfred.com>

<http://www.elirolandsachs.c...>

<https://vimeo.com/75570388>