

A group of yoga moms get transported into perilous situations and have to learn to breathe in order to survive.

Act 1

School drop off taking place. We follow one mom (mom 1) dropping her kids off. Her kids run over to their friends who are accompanied by their moms (mom 2 and mom 3). They talk to each other about how the start of school is just so stressful. Mom 2 and Mom 3 look at each other, invite Mom 1 into their yoga group. Mom 1 hesitates, but says she'll think about it. Mom 2 or Mom 3 says it is perfect timing to become a yoga mom because a new studio had just opened up near them. Quick montage of moms trying to convince mom 1 to go prior to the first session. Mom 1 makes various excuses and is reluctant to spend her time/try doing yoga. Eventually gives in to the pressure and decides to go. The yoga moms 2 and 3 pick her up for their first session. In the car, mom 2 and 3 are very excited and optimistic whereas mom 1 is less enthusiastic. Arrive at the studio and it looks a bit eerie, doesn't look new. Even more hesitation from mom 1. Mom 2 and 3 still think they should give it a shot (what harm can come out of a yoga session). Inside is empty and rundown. They enter the studio where nobody except a speaker and yoga mats are present. The speaker starts playing the audio and instructing them on what to do. Mom 2 and 3 shrug and roll with it. Mom 1 does not start joining in immediately. Other moms encourage her to join, she succumbs to peer pressure. "Close your eyes." Room starts to shake. "Imagine you're in a forest." BOOM!

Act 2

Yoga moms in a forest. Panic ensues. The forest gets more dangerous as they panic more and more. Mom 2 loses her cool and freaks out while Mom 3 is trying to maintain a positive mindset. They all try to find safety from the increasingly perilous world. They find shelter in a little cave. Mom 1 thinks logically about what to do, focused on survival and determined to return to the real world. Mom 1 yells at them to calm down and think. When they start to relax, the audio comes back. "Now imagine you're in the ocean."

A wave crashes into the yoga moms, they are now in the middle of the ocean! The Moms are sent into an even deeper panic, causing the ocean to get more and more rough. The waves throw them back and forth until they end up near a rock, they all grab hold and try to calm down. Tired and desperate, they try to figure out how to stop the ongoing phenomena. As soon as the moms and the ocean calm down the audio chimes and, "stare into the visual field behind your eyelids."

They're transported once again, this time surrounded in darkness. The yoga mom's cry out to each other. Mom 2 continues to panic, while Mom 3's usual optimism continues to dim. With nothing in sight, Mom 1 works to get them to unite through voice. They find each other amongst the darkness, hugging each other in fear, praying it will stop. The audio comes back once more and says, "Now picture you're in a desert, underneath the beating sun."

The mom's are blinded from the brightness of the sun, they're fatigued. The sun drains their energy and they're determination dwindles. In the distance they see a body of water, Mom 2 takes off sprinting, the other two chase behind. They push through the heat but no matter

how far they run they don't get any closer. Mom 2 falls from the heat and 3 follows, mom 1 questions why they're stopping when they're getting close to the water. The moms inform her that there it turns out there is no water, and that it was merely a mirage. The yoga moms now lay defeated and lay on the desert sand. Mom 1 finally accepts the reality that they will never escape this fantasy world. She lets go of her worries and just sits there.

Act 3

The world begins to calm. The sun comes out. The moms' eyes open wide. The craziness of the world and the moms' emotions come to a pause. Mom 3 returns to her upbeat state, Mom 2 stops losing her mind. Mom 1 sits there, wondering why the world has settled. She continues to breathe and soak in the peace and serenity of the world. Now the world is idyllic. Mom 1 smiles, overcome with the feeling of understanding and relaxation. She says, "Now imagine you're home." Cuts to dropping the kids off at school. Mom 1 looks over at Moms 2 and 3. They give her a regretful and sorrowful look. Mom 1 smiles, and in a playful way, invites them over to do some yoga at her house ("How about we try yoga at my house").

New ideas:

- Carol's mind – she runs away
- Mind could produce enemies – trying to take over their mind

IDEA:

FIND THE SPEAKER

BREAK SPEAKER

ACCEPT DEFEAT

RELAX

WORLD CALMS

BANG