



8 Breaths Oxford is produced by Katherine McGavin and Mariana Galan Tanes

Air quality is an issue which is grabbing media interest both here in London and elsewhere. It is a nebulous, hard to grasp concept, and leaves many of us disempowered - what simple actions can we do to improve the air we breathe? **Katherine McGavin** and **Mariana Galan Tanes**, are two post-graduates studying social sculpture at Oxford Brookes University who have come up with an imaginative, entertaining and thought provoking way to get us more engaged. It is an inter-active walking tour of **Oxford in 8 Breaths**, in which you travel in time and place to discover more about the air we breathe, as well as being a call to personal action. **Andrew Stuck** joined a group of twenty on the inaugural **8 Breaths** tour at the beginning of July 2017 and spoke to Kat and Mariana immediately afterwards, recording the interview on a busy street corner.

Notes from the podcast interview by **Andrew Stuck**: Recorded in July 2017 on the corner of Ship Street and Turl Street, Oxford. Published in July 2017 on <http://www.talkingwalking.net>

Katherine and Mariana are studying for a Masters in Social Sculpture at Oxford Brookes University <https://www.brookes.ac.uk/courses/postgraduate/social-sculpture/>

8 Breaths explores the issues around air quality in imaginative ways - the tour will run every Sunday through July until the 20th August 2017 at 11.00am starting at the entrance to the Botanic Gardens, I rose Lane, Oxford OX1 4AZ (2 minutes walk from the high Street).

More details here: <https://www.facebook.com/oxfordin8breaths/>

<https://www.eventbrite.co.uk/e/oxford-in-8-breaths-tickets-35519648224>

You can contact those behind 8 Breaths by e mailing katmcgavin [at] hotmail.co.uk

Air pollution in the city of Oxford - some useful sources of information and media comment can be found here: https://www.oxford.gov.uk/info/20052/air_quality

<http://www.oxfordshireguardian.co.uk/oxford-named-as-having-dangerous-pollution-levels/>

<https://www.foe.co.uk/groups/oxford/1602>

<http://oxfordstudent.com/2015/11/01/website-tracks-air-pollution/>

<http://www.airqualitynews.com/2017/06/29/air-quality-improvement-slows-oxford/>

Oxfordshire Pedestrians Association: <http://oxpa.org.uk/>

More general advice on air pollution and air quality and what it means to your health:

<http://www.bbc.co.uk/programmes/articles/4jDmhqkyQ1qrVKk3K17Cl0/air-pollution>

<http://www.metoffice.gov.uk/guide/weather/air-quality>

Want to test the air around you? <https://www.allergycosmos.co.uk/air-pollution/air-quality/testing/>

Or use an app on your smartphone: <https://our.clean.space/>

Mariana is from Mexico City, at one time, the world's most polluted city (so the UN claimed in 1992). https://en.wikipedia.org/wiki/Air_pollution_in_Mexico_City

In London, you can use this app to find a less polluted route: <https://www.timeout.com/london/blog/theres-an-app-that-shows-you-the-least-polluted-routes-through-london-011317>

Breath and yoga: <https://www.doyouyoga.com/why-is-breath-so-important-in-yoga/>