

# Time(s) To Breathe

## Log Line

It's about you and all about to stop your thoughts controlling you.

## Synopsis

*Time(s) To Breathe* takes you on a journey, at the end of which your condition should have changed: you are breathing calmer and more consciously.

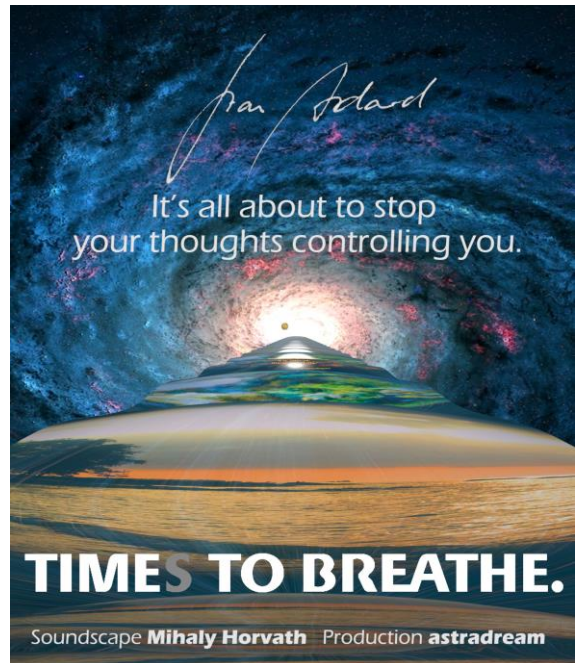
An exciting short film that starts with birth and guides into the energy flows of the universe.

## Cast

No cast, animated short film

## Soundscape

Mihaly Horvath



## Director

Stan Adard, 1954, director

**Stan Adard** is a Swiss artist (digital art, video, music) and pioneer in digital flow art.

With a unique approach, Stan Adard creates pictures and short films that breathe.

Born in Switzerland in 1954 he mastered in Education and Social Psychology at the University Zurich, Switzerland.

Adard lives and works in Kienberg, Switzerland, is married with Christine and has three adult sons.

With his passion to digital animation Adard won the Swiss Video Film awards in 1986.

Already in the early days of digital animation he created the first animated sequences of *digital dreams* (1995).

He got internationally known for his Breathing Pictures that he started developing in 2014.

