

BREATHE

A SHORT FILM | CASTING CALL

Logline

A mindfulness yoga session triggers Milo to relive the traumatic event of losing her friend, Ira.

Synopsis

Milo has been dealing with PTSD. She tries to find her breath; a sense of calm through mindfulness yoga. But instead of calm, deep breathing triggers Milo to confront what happened that night with Ira. Vivid memories filled with anxiety, arguments, love and external forces lead to that moment - when Ira confesses his love for Milo - when a stray bullet pierces through the window. As the yoga instructor guides the class, profound overwhelm quickly consumes Milo, jolting her to choose another means to cope; alcohol.

Characters

Milo - She/Her | Mid /Late 20s | Black

Milo is an introvert who lives in her head. She struggles with dissonance, anxiety and asthma. Constantly feeling disconnected from herself and those around her. Most often, she feels invisible, unheard and misunderstood. Milo wants peace of mind, a sense of stability and belonging. This stems from Milo's childhood. When life gets tough, she drinks (alcohol). On a good day, she'll try mindfulness yoga/meditation.

Ira - He/Him | Mid/ Late 20s | Black

Ira has a calming aura about him. He's patient and present. Trapsoul is an excellent way to describe his vibe (Think Bryson Tiller or GIVEON).

Money is tight. Ira recently downgraded his apartment to save money. He's an intelligent and strategic guy. Despite all this, Ira sees the glass-half-full. He dreams of becoming a successful architect one day.

Yoga Instructor - She/Her | Mid 30s | White

She genuinely believes in mindfulness, movement and meditation. Teaching mindfulness is a means to teach herself and others to be present/calm. It creates a sense of belonging and purpose. Those closest to her describe her as warm, a good listener and intentional with everything.

For more information about auditioning, please email kimberly.miller-pryce@torontofilmschool.ca

Genre: Drama

Director: Kimberly Miller-Pryce

Producer: Husam Alaghbari

Submit: Self-Tapes

Audition Submission Deadline:
October 22, 2021

Send To:
Kimberly.miller-pryce@torontofilmschool.ca

Shooting Dates: November 5-8, 2021

Actors: Union & Non Union

Type: Not Paid

Shooting Location:
TBD