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#008 Sobia Zaidi: Connection Exercise 10: Connection

Two or more people paired up. This exercise should be done in any public space or event

Each person should stand in front of their partner

Make an eye contact and start walking in the space without losing the eye contact
Then find a spot to stand at least with a distance of 3 meters apart.

The distance can be more or less depending on the space

Stand still staring intensely into each other's eyes

Gradually come close without losing the eye contact

Come closer and closer very slowly with very small steps

still looking into the eyes until your body touches the body of your partner

Then one person should rest his/her head on the shoulder of the other and close his/her eyes

The other person should do the same

Stay in this position for as long as you are comfortable and then release

When you performed this work, please don't forget to send a response (text, photo or video, whatever you choose) to done@theconceptbank.org. We will archive it (anonymously) and we will also forward it to the artist. Thanks and we hope you will visit us again.

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