

# THECONCEPTBANK.ORG

## #043:Steef van Lent: Breath (2015)

### Preparation:

Both performers need to roughly determine the distance they can walk whilst holding their breath.

Average the distance both performers can walk without breathing, and double it.

This is the distance the performers will walk towards each other.

### Instructions:

- Go to a busy place, like a main square, train station or shopping centre.

- Estimate the distance you arrived at in the preparation, and take position at opposite ends.

- Give each other a small nod as a signal to start.

- Then take a deep breath and walk towards the other performer.

- Hold your breath until you reach the other performer.

NOTE: You should just barely be able to reach this point.

- Pass the other performer and start breathing again, but keep on walking.

- Continue to walk until your breathing has stabilized.

At this moment the performance stops.

All these motions should be done as controlled as possible.

When the performers take a breath and start walking, this should not be a big gesture.

The bystanders are not to know.

The same goes for the point at which the performers can exhale.

They must resist the urge to gasp for air, and control the feeling of being out of breath.

These fluctuations, these rhythms of breathing should only be experienced

by the performers themselves.

When you performed this work, please don't forget to send a response (text, photo or video, whatever you choose) to [done@theconceptbank.org](mailto: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.

Theconceptbank.org is a non-profit initiative, the use of the databank will be free for everybody. Please don't publish the work on social media! It is free for you to use but it is not yours.

