

THECONCEPTBANK.ORG

#109: Jackson Moore: Sing the rhythm of your breath (2018)

Open the voice memo app on your phone and start recording.

Start humming. Don't hum anything in particular, just let your chest vibrate. Walk around a perimeter: a city block, a park, a running track, or any loop. Stop when you've returned to where you started.

send the recording to done@conceptbank.org

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.

