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#117: Caroline Newton: Movement Memory Map (2019)

Walk in any direction for as long as you want, going wherever you want.
Try to be present in your journey.
Move freely in patterns that feel instinctive and natural to you.
The duration and location of your walk is up to you.
You may choose to walk aimlessly around your bedroom for 1 minute
or you may decide to meander through a city for an hour or two.

When you feel your experience is complete, sit down with a pen and paper.
Immediately attempt to draw the path you took from memory.
You must document the movement with one continuous line drawing.
Your drawing utensil should not have separation from the page
until you are finished. This drawing should flow freely and not take very long.

It is ok if your drawing does not accurately represent your specific route.
Share this drawing.

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.

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.

