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## #123: Martine Viale: Body in confined spaces (2020)

*Following a series of action scores that I recently developed in the public space (City Actions 2019-2020), I wanted to use this imposed isolation time to think about scores that could be performed in intimate and personal spaces. A way to adapt to the context, a way of staying connected, a way of turning the gaze more deeply inward. The scores may be performed alone or in interaction with the people in your home who you are sharing this lockdown with.*

*M.V. March 30, 2020*

### **Body in confined spaces Nr.2 (2020)**

- Take a glass
- Fill it to the very edge with water
- Sit quietly over the glass and let your breath move the water
- Consider the meaning of impermanence.

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.

