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*...and the women wove their stories into the carpets...*

## #128: lenke Kastelein: Carpet or Rug Walk (2020)

Take off your shoes or slippers\*.

Stand still, next to the right corner of a carpet or rug.

Step on it. Start walking slowly, step by step, finding your balance at each step. Walk along the edges; turn left when you reach the end and continue very slowly. When you arrive at the starting point walk slightly more inwards, again following the contour of the rectangle. Repeat this until you end up in the middle of the rug.

Change direction.

Step by step and slowly you walk the carpet turning to the right at each corner, moving outwards until you reach the starting point.

Leave the carpet by stepping beside it.

Wait a moment.

Put on your shoes or slippers

\*You can either walk with your socks on, or barefoot

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.

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