

# THECONCEPTBANK.ORG

## #138: lenke Kastelein: Carry the Air (2021)

Carry the air  
in the palm of your hands.

Find a quiet place to stand still.  
Lift your forearms from the elbow up and hold them next to  
your body. Turn the palm of both your hands upwards and open  
them.

Close your eyes. Sense the air in the palm of your hands.  
Carry the air.

### *Optional*

*Open your eyes and go for a walk while you keep on carrying  
the air in the palm of your hands.*

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.

