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#139: Anne Kolbe: 2x5 minutes for regular object exercise

I. Indoors

Take a seat in your home environment.
Choose an object. Observe it.
Be it for five minutes.

Repeat this exercise on a regular basis.

II. Outdoors

Take a walk in your local park.
Find a large boulder or other type of stone
to lean on or sit on for five minutes.
Sit against it.

Repeat this exercise on a regular basis.

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.

