

Tuesday, May 3rd 2022

**Warm-up
in the train
in the middle of everything**

During the trip, take at least 7 minutes to pause conversations and other occupations and tune fully into following suggestion:

I perform, I resonate, I move, I reflect - the potential of this doing is entangled with (often inaudible) words, with tangible sounds, imaginations and bodily gestures.

Artistic doing as a holistic phenomenon that always departs from states of moving, hearing, sensing, mobilizing the known as well as the unknown.

What is moving?

What is sounding?

What is my own body's tim(ing) — sound(ing)—— mov(ing) ; the measurable one(s), the experienced ones?

What / who resonates with what/ whom?