

*“It is exactly in that time parenthesis where life and movement are suspending in time and art becomes a sublime.”*

What is a pause for you? How do you perceive pauses?

- Resting- relaxation
- A still image
- A time suspension (you suddenly suspend a flow of movement, sound, shape, meaning etc)
- A temporal interval to observe.

**Nefeli:** Depending on what has preceded, pause has a different meaning. For me, pause is the space that is given to our perception to process and observe what is happening.

**Marianna:** Pause for me is a brief suspension of the movement that gives you the opportunity to play with the rhythm and the quality of movement. It is a way to surprise yourself and the audience and create music in space. Also, through pauses you can linger for a while so as to observe your body and the space around you. They give you the time to consider what is next, as well as possible options for movement.

**Olina:** A pause is something unfinished, like an instant stop while breathing. From my point of view, pauses cause expectations; something is going to happen after that. Also, a pause is a moment of observation; you can take your time to make a different decision from the one that you would do if you were physically and mentally in a constant motion. It is a small expansion of time that gives you the possibility to relax and feel the space around and inside you.

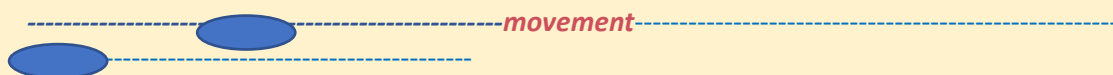
**Score:**

***Could you create a reality through silence?***

- You pause while you are moving. You interrupt something in the mid- action. You suddenly suspend a flow of movement.
- 'Go' to either restful positions while you are moving and rest in them.
- 'Go' to inconvenient, unbalanced standing postures and stay still.

(‘When pausing:

- Play with the duration of the pauses)



**Explore the experience of pauses.**

**Understand the essence of pauses**

•Give your feedback regarding your exploration and insights ( video, recording voice, written text, letter, diary).