

association

european female body – EFB – placed in a sitting position on the white floor of a studio

tension of muscles in the upper back

numb region of muscle around the sacrum

wooden pillar at the back

wooden floor

cotton training clothes

rubber training mat

MacBook Pro laptop 15 inch on the upper thighs with 2.2 GHz Intel Core i7 processor and 8 GB 1222 MHz DDR3 memory space

word software

weight of the head

tilt down

laptop monitor

sharpened ears

desperate concentration on one thread of thought

closed eyes

writing blind on the keyboard

0.75 litre thermos bottle

boiled water

half full

vegetarian miso noodle soup

two hours into food processing

assemblage of digestion liquids and enzymes, a lot of water, half an egg, soya bean sprouts, japanese noodles, rice, wheat, onions, corn, salt, ginger, unknown ingredients

feeling good

