

## **Performance Protocols**

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Title: **When I move I change**

Duration: 20 minutes

Starting point: Next to the lake.

### Performance score:

Pick up the closest stone you can see, and keep it inside your palm.

Feel how it touches your skin. Get familiar with its shape and surface.

Breathe in.

Feel how your shoulders lower and how your stomach moves in and out as you breathe.

Notice tension leaving your body.

Prepare yourself to walk one hundred steps in the rhythm of your breath. One step for each breath.

Start walking. This is slow. Let it be slow. Use the time you need. Follow the rhythm of your body.

After one hundred steps you stop.

Breathe in.

Now you turn your body and prepare yourself to walk back to where you started.

This time you don't count, but keep walking one step for each breath all the way.

Pay attention to the sounds around you. Pay attention to the surface you are walking on. Look at what is moving around your feet. Keep your shoulders low.

You reach your starting point.

Turn your body towards the lake.

Breathe in.

Prepare yourself to throw the stone into the water.

Prepare yourself to listen to the sound of your breath while throwing.

Feel how your body channels its strength.

How you place your feet. How you tighten your core. How you lift your arm. Feel your strength.

Throw the stone.

Listen to the sound of your stone falling. Keep looking.

Maybe it reached the water, maybe it landed somewhere else.

Let your arms hang down. Let them be heavy.

Let your entire body be heavy.

Breathe deeply and stay heavy.

Find the closest tree and sit down leaning towards it.

Feel the tree.

Feel its surface against your back.

Lean the back of your head towards the tree trunk.

Close your eyes and take one last deep breath.