

Task by Quim Bigas

Find a spot
And check how your body is doing
Inhale... (do it)
Exhale... (let it all out)
Trace all the movements you have done today
Take your time

Wakened up, checked the phone, got up, walked,
made coffee, spread tahini on the bread, poured
coffee into the cup, drank, peeled an apple...

Wakened up
Opened my eyes
bent my knees
did some spirals on the bed
reached for something
caressed an object...

Checked the phone
Scrolled, clicked, typed
Scrolled, clicked, typed
Scrolled, clicked, typed
Scrolled, scrolled, scrolled
Blocked

Just be (physically or mentally) with all the
movements you have done today
Do you have a name for all the movements you
have done?

There was a movement before opening the eyes
There was a movement before bending the knees
There was a movement before spiralling on the bed

There was a movement before reaching...
There was a movement
How many movements are there in a movement?

Close your eyes (do it)
If you want
As many times as you want
Take time

Find a spot
How is the space that helps you to move?
How does the space in which you are allow you to
move?

Take a stand
Point
Speak
Attend

Go back
As many times as you want
Do it

Open your eyes
Sense the movement that is already happening

The lamp is flickering
The water is boiling
The plant is growing
The heart is beating

An electric spark
A draft
A fly
An -ing

The space between my vertebrae
My lower back
Stretching my neck
My hand on my diaphragm
Inhale

I am leaning back slowly
I feel heavy

Down, down, down, down
Attraction
Down
I close my eyes

Inhale
Exhale
Big yawn: the dance
5,6,7,8...
Breathing
Calmly

There is a movement
Trace the movements of your journey
Trace the movements of our journey
Find a spot

Some things might give a feeling of time
Time moves
5,6,7,8...
And listen

Is there any movement we haven't done
together?
Movement of a movement of a...
Exhale
Time

A letter of a 5
To the future 56.785.678
Go back
As many times as you want

Just think on what helps you to go back
Back back and behind

Documents, papers, oral transmission,
registers, lists, archives...
The trace of a disaster
The trace of a disappearance

Not because we don't know
It did not happen

It happens
Inhale
Time
Now

Down
down
Attracted
To the core of a movement

There is no beginning
Just extension
There was a movement before

Find a spot
Move with that
Whatever that is
Move with that

The space between your vertebrae
The lower back
Stretch your neck
Your hand on your diaphragm
Inhale

Lean back slowly
Feel the heaviness
Do it
Let it all out

Down, down, down, down
Attraction
Speak
Down
Close your eyes

Open your eyes
Close
Open
Find a spot

Scroll, click, type
Walk
Reach
Flicker
Trace the fly

Feel the gap
Between 5 and 6
Sense and time
Being and disappearance

You and we
Inhale and exhale
Core
Memories

Reach out
And let the spiral show the way

Look around
Move around
Listen to...
Stand with...

Sense the movement that is already happening
Wake up
If you want
As many times as you want

Caress the draft
And check how the draft is doing
Inhale
And move

