

1 m² for no thing

Script

Jorge Bascuñan
Jorgebascunan.com
@jorgebascunan

Introduction:

This is a series of short classes. But it doesn't mean that it finishes here.

To start, you only need a space of about 1 m².

This will be our meaningless space.

We are passing through a difficult time in history, and social distancing is needed.

It is time to reflect:

Do we need to produce more? Why can't we just stop? Does it need to make sense?

Having these questions as our drawing line for movement, the guiding sentences will serve as a suggestion for improvisation.

It attempts to increase our speed and range of movement, but without any continuity.

Let's start.

ps: you are invited to set your playlist along with the video

I

Breathing

Start breathing

Calmly

Feel and scan your body

Allow your limbs to breathe

Allow your head and your neck to breathe

Allow your body to receive tiny impulses,
any small movement

Don't feel the pressure of creating anything
new

Don't feel the pressure of understanding
why are you here

Imagine

While you are breathing the air is traveling
inside your body

Imagine

While you are breathing, the air around you
is surrounding your body

It makes you move

Nothing else is happening

Can you breathe out from your limbs?

Can you breathe out from your neck?

It doesn't make any sense

It doesn't need to...

Don't stop

Or, maybe, do stop

Can you breathe in from your legs and
breathe out from your arms?

Try different combinations

a different combination

don't stop

Or, maybe, do stop

Accelerate your rhythm

You just did

Nothing more than, nothing.

This is a virtual dot

We exist as much as this dot

Imagine

You can blow this dot away from your
screen

And move it through space

Take this dot everywhere in the room

Move this dot with different body parts

Take this dot close to your body

Explore

Take this dot inside your body

Explore

Imagine

What if there are more dots?

Everywhere

Now

Breathe these dots out

to the screen

Can your body

Repeat the experience

With this line?

End

We are used to thinking that `normal` is how it was before...

it might be beautiful whatever is coming after.

Allow the change to happen
even after doing nothing.

What else is possible in 1 m²?

Tag the hashtag bellow

#in1m2

And I will share on my Instagram stories all possibilities to move in 1m²

Thank you

Jorge Bascuñan