choreographies

empty time

The choreographies are short compositions designed to allow you to immerse yourself in empty time. Choose one or more and find a suitable place.

Sit on a park bench. Breathe in twice and out once. Repeat until your lungs burst. Be a ball. Roll if you like. Or not. Count the pigeons.

If the number is even, count forward.
If the number is uneven, count backwards.

Then do a handstand.

For us, empty time means the conscious perception of our environment. Our short choreographies aim to sharpen our perception and open a portal into empty time.