

Task by Ana Pi

A Still and Warm Dance to a Space

I invite you to a dance.

A dance that will be our dance.

For this work, which will not take much of your time, it will be important to observe.

Observation, even with eyes closed, is a great power enhanced by movement.

The beginning consists of listening to the sounds or the silence that make up the atmosphere around you.

What is the quality of sound?

Do you hear words?

As you read me, do you listen to your thoughts?

Do you feel free at the beginning of this conversation?

Dialogue? I hope so.

And if not, I hope that along our steps this availability will emerge so that our dance can happen in the best way.

If you hear words, what do they say?

What do they communicate?

Who utters these words?

Who can speak in the space you are in?

Ideally, all words, all sounds should be heard, even those coming from non-human beings.

These beings at this moment should also be listened to, even without words being said.

In this aural atmosphere, do you identify the presence of rhythm?

No?

Then please slowly direct your right hand to your own heart.

The left hand can then be placed below your navel.

The rhythm that all life has is here.

Enjoy this cadence, the cadence of being alive in this moment.

I invite you then to think of a pose, a gesture.

In the future when you, me and this dance will have disappeared, what will be left in this space where once there was this dance, you and me?

The only trace of our existence would be this posture you have chosen for us.

How much responsibility does it need? It is important to note the responsibility we bear in our postures.

Now let's go to space, what is the quality of the space you are in?

Can everyone access it?

If the answer is no, I think we can conclude that where you are is a space of privilege.

Or even a space of conflict.

Our dance can take conflict into account.

Our dance can also be a way to resolve the conflict.

Let's go back to the posture, are you going to follow it?

If not, get organized to take it seriously, because it will be in this posture that our dance will take place.

Our dance will be motionless, like an undated statue or monument.

What is the density of each millimetre of gesture you have chosen for us?

Do you still remember the rhythm?

That rhythm will guide our navigation.

Now is the big event, keep your pose, posture, gesture intact for the time of 8 minutes and 46 seconds.

If you're not ready to be accompanied by just your heartbeat, you can count on the accompaniment of a song, but not just any song.

I would advise you on some extended version of Bob Marley's song WAR.

If you're sitting, you might want to get out of your chair and look for a more creatively active posture.

If space doesn't authorize our music, please use your own headphones.

Also, notice how you compose with the space that surrounds you.

Like an undated statue or monument, your posture reorganizes space.

What do you propose to us for this motionless dance?

Come on.

Music.

A few minutes have passed.

For your immobility to be perfect, remember that your weight acts under the Earth and the Earth reacts to your weight, to this dance.

How's your breathing now?

Can you breathe?

In the face of this absolute immobility, your eyes continue to observe.

Do you remember that I said that observation was important?

The immobility seems to make us listen better.

Let's now pay attention to the lyrics of the song.

Perhaps by coincidence, we are on the same verse.

What does it tell us?

Let's insist a little more on this immobility.

It's curious to think that immobility and heat rhyme.

Do you feel the heat?

Does this heat warm the space?

Heating is not burning, pay attention to how subtle it is.

In which direction does our dance heat the space?

You may now be able to tell us.

Our 8 minutes will come to an end.

Our 46 seconds will also come to an end.

Will we still remain immobile?

