

## Latvia: The time bender / 20 min score

### *collective contribution*

1. Take a moment to reflect on your relationship with speed. Formulate a question that interests you about it today.
2. Over the course of the next 5 minutes find and maintain a comfortable speed of motion in your whole body.
  - This speed will be your base. Make sure the whole body is moving at this single speed. (This is your 100%)
3. Gradually you reduce this speed by 10% ( going 90%...80%...) until you reach 10% speed.
4. In this speed for 5 min you find an everyday activity that you want to do in this slow motion speed.
  - it could be- washing the dishes; reading a book, making a sandwich etc.
5. By slowly moving, reduce the speed to 0%, find a place by the window, and just stand for what you feel is 5 min observing the time scape you see outside the window and notice the different speeds.