

Reflective Score Exercise

Find a mirror or a reflective surface. Place a phone or a camera to record the score. Walk towards it while listening to “Faust’s Last Song” by Eliza Douglas (duration: 9 minutes and 15 seconds). When you feel you’ve reached the 5th minute, stop for 2 minutes and contemplate the silence of the body, then continue walking. At the end, you may watch the video and reflect on your perception of time.