

Audio Guide script in English

This audio guide invites you on an individual exploration of the Sín for about half an hour. Find a spot in the room that suits you and stop there!

Close your eyes.

Feel the other senses open up as your sight fades.

What sensations travel through your body?

Now place your focus on the soles of your feet. At what points do you touch the ground?

Imagine root fibres growing out of the sole of your foot and branching out through the floor and underground.

How does this changed relationship with the ground feel?

How does this change your body and what small movements are created?

Now notice how your arm makes contact with the air.

What is the temperature of the air?

Is there any air movement? How does it affect you?

Now imagine that your arms are so light that the air flow moves them. Following your imagination, explore the air space around your body by moving your arms.

Can you make wind?

Or can you dampen the air around you?

How is the feeling of air on your skin different now?

Let this dance slowly wind down.

Now bring your attention to the faint light filtering through your eyelids.

Imagine opening your eyes, but don't do it yet. What do you see?

Slowly pan from left to right with your eyes closed. Look around as you imagine what you see.

How does the sensation of light change as you move your head?

Slowly open your eyes.

Now leave your roots behind and start walking slowly.

Arrive at a wall surface you like and touch it with one hand.

How does the wall feel?

Start walking along the wall with your hand touching it the whole time.

Your walk should be continuous, yet at a relaxed enough pace that you can make observations.

This walk will take you all the way around the Track.

You may enter through any open door, but please do not leave the area of the Track.

You may slow down, stop, linger or speed up at any time, depending on your curiosity.

Continue walking out of the hall.

As you walk, observe the quality of the different surfaces involved.

If you find one that intrigues you, slow down and take a closer look.

Imagine you are walking through an exhibition space and everything you touch and see is part of the exhibition.

What are these works of art like?

Feel free to hold them and, if possible and safe, change their position to create a composition of your choice.

Notice how the space you walk through changes and settles into a composition?

Stop at the next sight that intrigues you and examine it.

What is the object or space and why does it attract your attention?

Imagine that this object is moving.

What happens to it? Does it change size or shape, or wander in space?

Inspired by the music, imagine that this object starts a continuous movement.

What is this movement like and how does it affect your body?

Can you imitate the imaginary dance of the object? I encourage you to move following your imagination!

Now continue walking along the wall while extending your gaze to the rest of the space. Look around you.

Can you see other people?

How are they related to each other?

Do you see anything suspicious or unusual? What makes it so unusual?

What stories might the space you're walking in have?

Feel free to slow down when a fictional story starts to weave in your head.

Continuing your walk, look for a section next to a wall that interests you.

Check it out!

Use the thread you have with you to highlight, complement and connect things in the space. Make a composition that you like!

Look at the composition from the outside and then place yourself in it.

Find a comfortable position and close your eyes.

How does this space feel?

What sensation can you leave in this space?

Once you have the feeling and place it in the composition, continue walking.

This is the end of the audio guide, but continue walking along the wall until you are back at your starting point.