

Martine Viale - Body-Soil Connection

Stand motionless in the middle of a space.
Feel the weight of your feet on the ground.
Stay until you can sense the imprint of your feet.
Without any premeditated movement, leave the space.

Reports:

Frans:

5:28 a.m. Nieuwstraat (Vest)

At sunrise, I stood on the pavement, barefoot, my slippers next to my feet. It was still cold around my head and neck. I heard sounds in the distance, people setting up market stalls. I saw a police car far away.

I concentrated on my feet, feeling the rough surface of the stones, the cold.

2 p.m. Nieuwstraat (Hoftuin)

At two o'clock I was standing barefoot in the grass, slightly higher than the surrounding area. People walked around me, no one paid any attention to me, looked at me. The grass was soft, tingling on the soles of my feet.

The ground was getting warmer, felt pleasant. I took a step back, stepped into my slippers and left.

10:45 p.m. Nieuwstraatbrug (Voorstraat haven).

I stood on the bridge and looked at the reflections on the water's surface. It was dark all around, a few people walked by. My slippers were next to my feet.

The street surface was gravel, uncomfortable, it hurt my soles a little. After a few minutes, I stepped into my slippers and left.