

lenke Kastelein - Keep your balance

Performance for Unnoticed Art in Times of Social Distancing

Walk on the curb of the sidewalk
Spread your arms to keep your balance
and to maintain a safe distance from passers-by

Turn sideways if you need to avoid touching others
but stay on the curb at all times
Sometimes you may need to cross a street – continue on the other side
The walk ends when the curb ends

*Do not speak during the performance

Kirsten Heshusius

We performed 'Keep your balance' with three people.
We tried to talk about the task but it seemed we couldn't really come together.
So we started with 'have fun' and we agreed to walk the street from one side to the other and that the end would be the end.

For me the performance was in executing the task of balancing.
So I really tried to balance. I wanted my arms to be out because they had to be.
It was great to make it a challenge, to take it that seriously. I enjoyed the sudden movements you make when you really balance. Those movements that you only make when you try to balance - you can not think of them and then just make them, that would look strange. So they just came. Sweat rolled down my back.

I always wanted to be able to act and move more as a child when in the streets, but this is socially unaccepted. Our act appealed to people. Do you think anybody wants to sometimes move more intuitively...like a child?

Stefanie van den Bos (solo)

My feet are the ears to the floor. Fun in the moment and relaxing, also afterwards.

Stefanie van den Bos

Together we do the experience in keeping balance, and my feet are ears to the floor in connection with myself and others.

Malou van Doormaal

I wanted to avoid faking balance, so I decided to challenge myself. I had to walk on the border, but also on the sideways of the curbs. I walked foot by foot, slowly and focused. Our presence

provoked response, so I couldn't help but react towards the passers-by. Their reactions made them part of my challenge, since they wished me luck, or outbraved me. One of them joined in, but I couldn't reach him at that moment, since Stefanie stood between us.

When the curbs stopped, I had to improvise a new line. I saw Kirsten balancing on the thresholds, but that felt a bit artificial. I decided to follow a line of stones. The only difficulty was to make my way way under a creeper tree.

