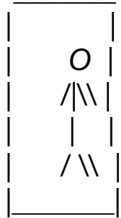
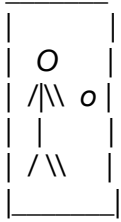


occasional movements /
doors and variations



1 in front of the closed door

stand in front of a door.

observe its texture, its material, and how it separates you from the other side.

extend your hand toward the doorknob without touching it yet.

2. the turning of the doorknob

slowly, allow your hand to find the doorknob.

turn it in slow motion. listen to the sounds, feel the resistance.

3. the slightly open door

open the door just a little. let the light, air, or sounds from the other side enter your space.

decide whether you want to stay where you are or cross through.

4 the crossing

when you cross, stop for a moment between the two sides. observe the doorframe around you.

5 variations

open and close the door in different ways: quickly, gently, with your whole body, or with just one finger.

use another object and imagine that it is a door.