

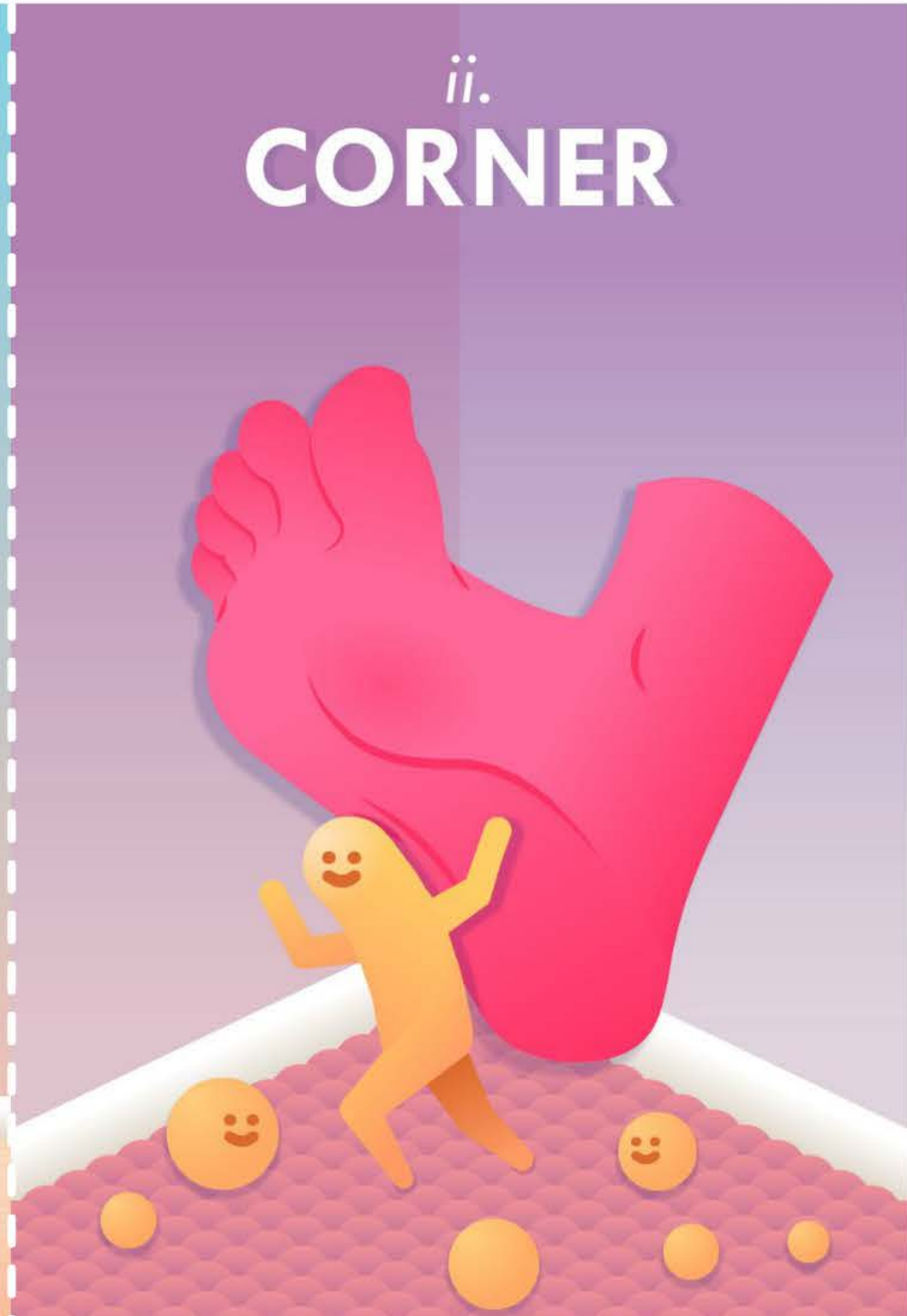


i.  
**DOOR**



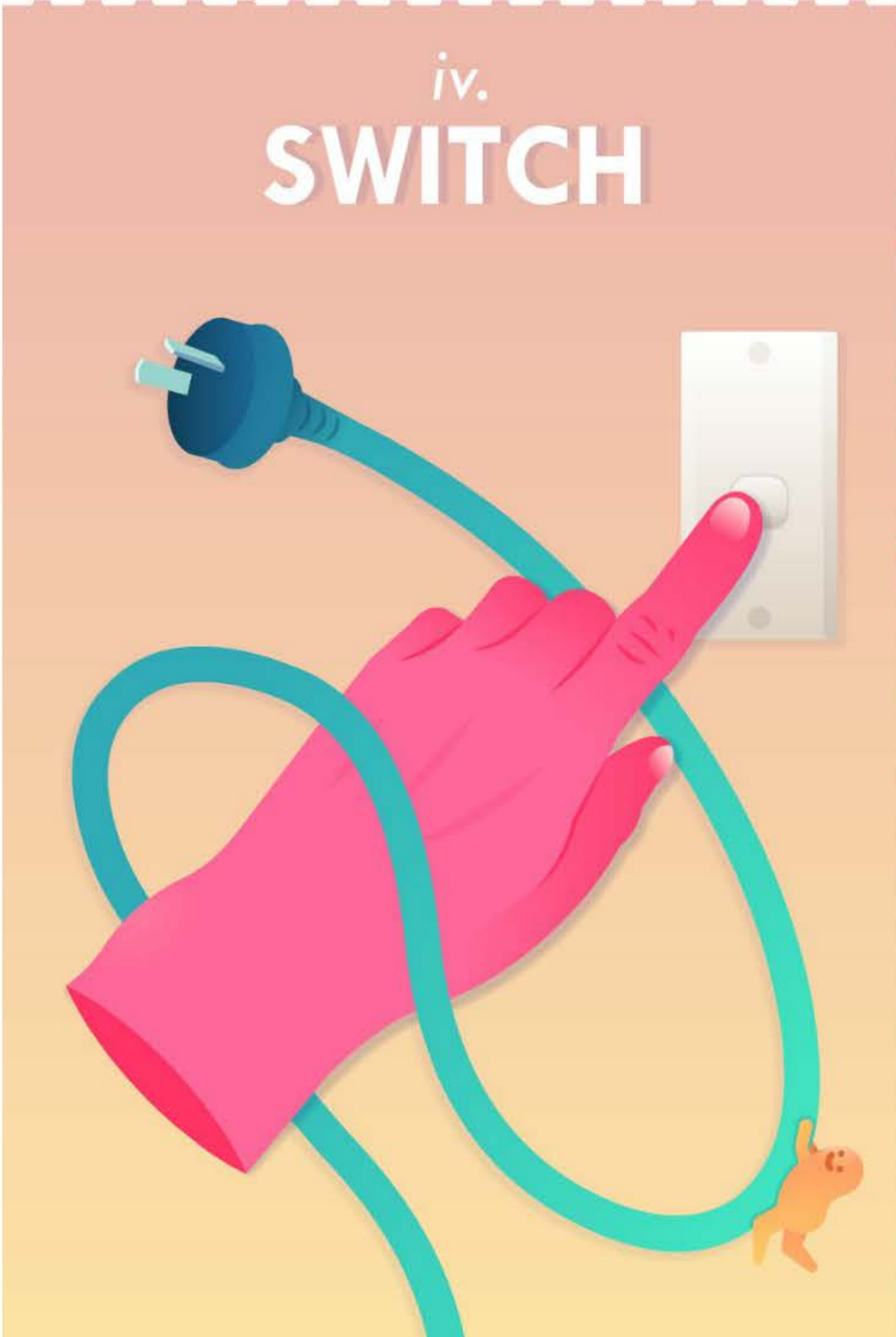
*Stand at the edge of one space, peering into another. Lean forward, let your weight hang over the threshold, then let it fall.*

ii.  
**CORNER**



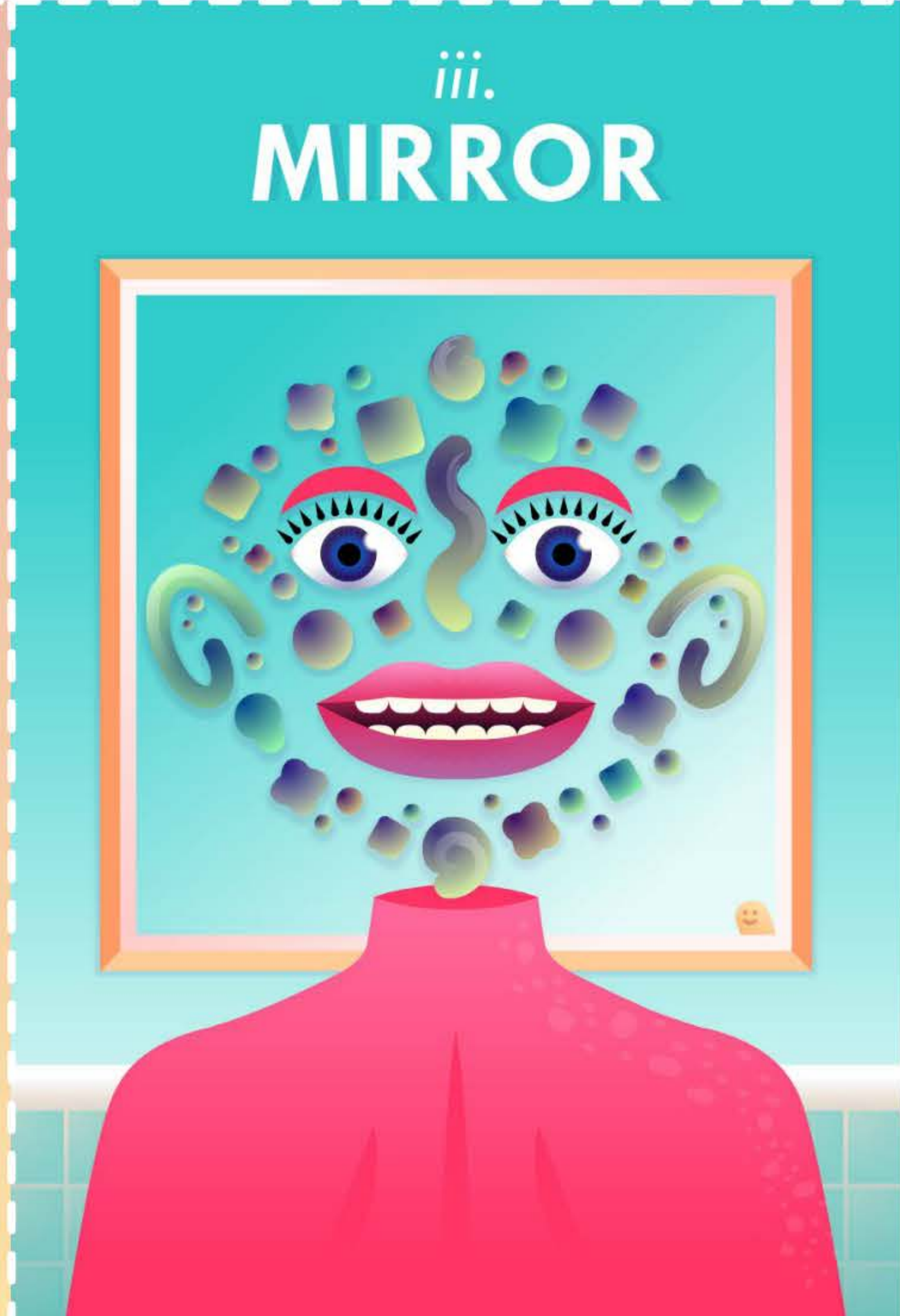
*Press yourself between two surfaces. Expand to match their resistance. Emerge and follow your expanding presence.*

iv.  
**SWITCH**



*Enact a sudden change within your space. Relocate or reorient your surroundings. When finished, explore them as if unknown.*

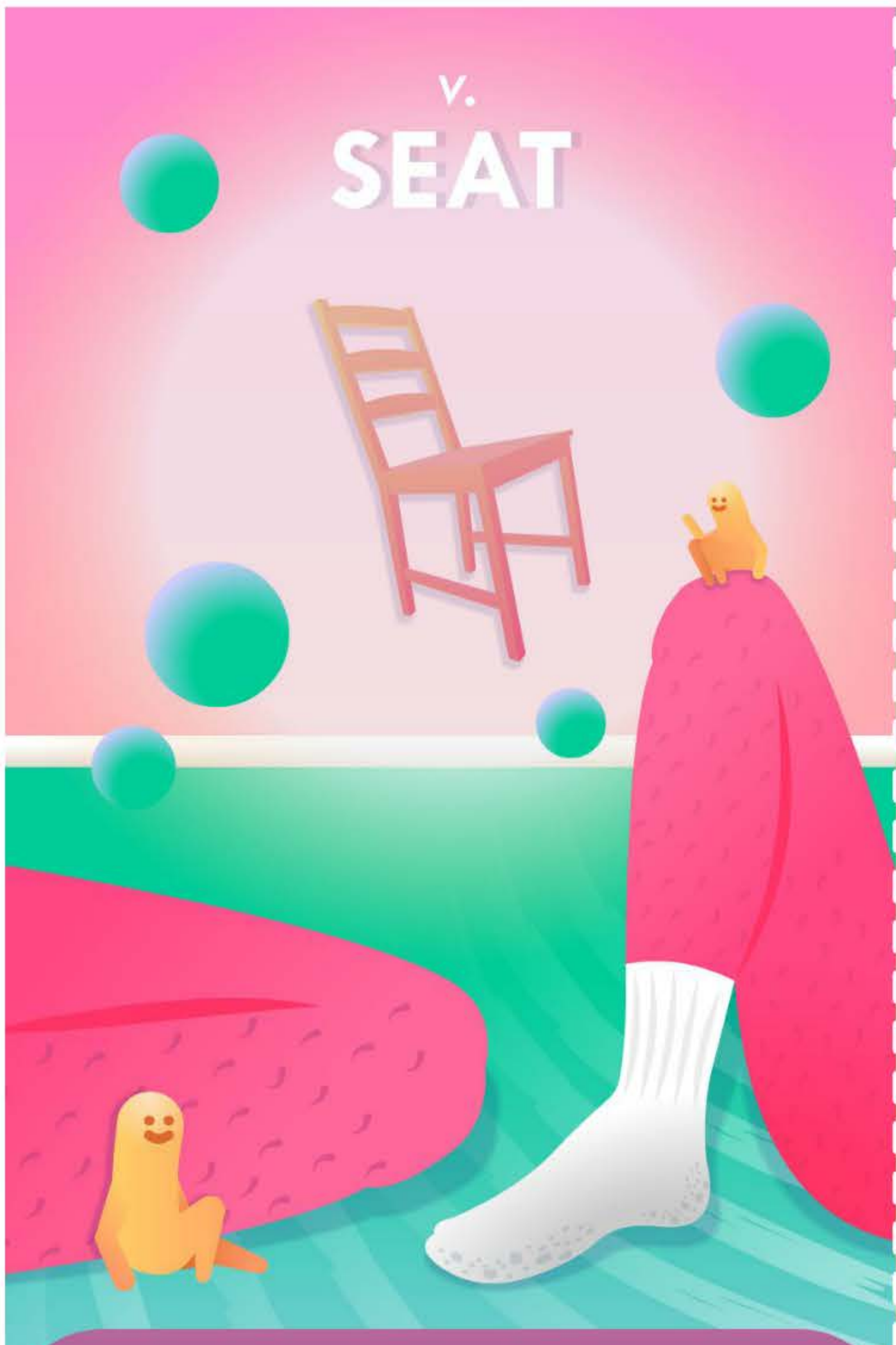
iii.  
**MIRROR**



*Study a single point of your body. Take in a breath and allow that point to fill with air, float and move. Let it lead you onward.*



v.  
**SEAT**



*Dwell in moment of stillness. Shift within it imperceptibly, then a little bigger. Build until your stillness vibrates.*

vi.  
**CRACK**



*Listen to the sounds beyond your space. Find a rhythm, a rumble, a whisper. Repeat it within your body.*

vii.  
**BIN**



*Locate a small discomfort within your body. Touch it, relocate it, orbit it. When you are bored, dispose of it.*