

before performance:

glue pins to two more badges  
decorate suit  
stretch/meditate  
drink waterwaterwaterteateatea

amalia arrives at 8:30

warm up 10 min walk/jog before park, 5 minute jog up and down hills and stretch

when the guests arrive, greet them, bring out toolbox

“this piece is called, physical test of emotional endurance, emotional test of physical endurance.  
it is a story about the human circulatory system.

props: badges (pin this wherever you want to think about your blood going, wherever you want a glow - provide tape if anyone wants to tape it to their face)

necklaces: because it is nice to wear something to think about.

set out timer with flag, rose, over box full of stuff?

instruct lindsey to be in charge of the timer, also to take photographs (and geraldine?)

i invite you to exhaust me.

lindsey sets timer