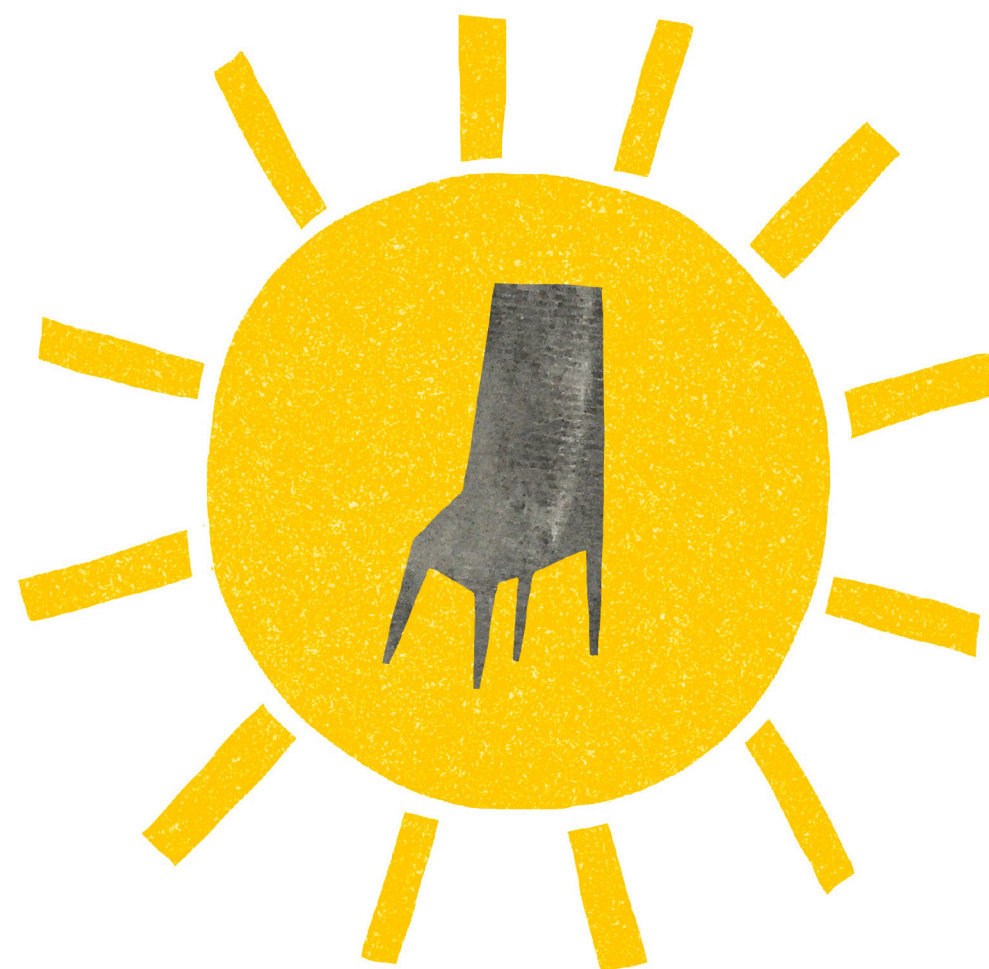


Circle of Chairs is a digital folk dance for 12 people. All that is required is a phone or audio device with headphones and a willingness to follow movement instructions.







**CIRCLE OF CHAIRS** IS A TIMELY INTERVENTION IN A MOMENT CHARACTERIZED BY ESTRANGEMENT, SUSPICION, BORDERS, AND SCARCITY. A PERFORMANCE WHERE EVERYONE HAS SOMETHING TO GIVE, THIS DANCE IS ABOUT THE 'FORCES THAT MOVE US' OUT OF OUR ENCLOSURES AND INTO ENGAGEMENT. ENCOUNTERING STRANGERS CAN UNLEASH ANXIETY AND DISTRUST; CIRCLE OF CHAIRS PROVIDES A STRUCTURE FOR TURNING THAT EXPERIENCE INTO CONNECTION, MOVEMENT, AND DELIGHT. WE WANT TO EMBODY WHAT IT IS LIKE TO AROUSE GENEROSITY, TO PROVOKE JOY, TO RISK INTIMACY.

SIMA BELMAR  
LECTURER, UC BERKELEY



# DETAILS

Length of Recording: 12 minutes

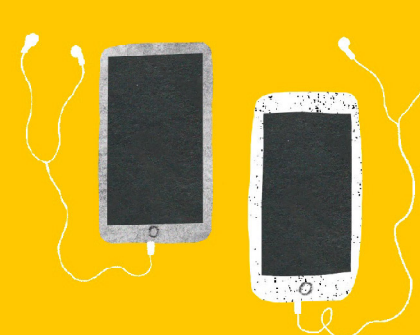
## REQUIRED MATERIALS



12 PEOPLE



12 CHAIRS



12 PHONES OR AUDIO  
DEVICES WITH HEADPHONES



Wi-Fi



A SPACE TO  
GATHER

Circle of Chairs is instructed in English. It can be performed anywhere large enough to contain it, with any 12 chairs, by any 12 individuals who can move with their hands free.

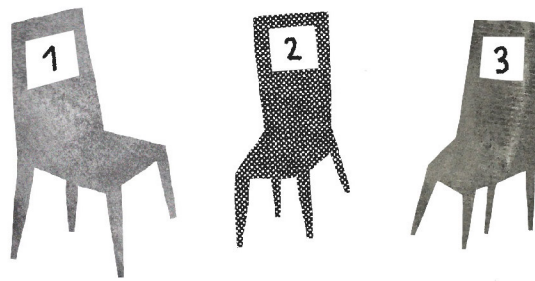


# INSTRUCTIONS

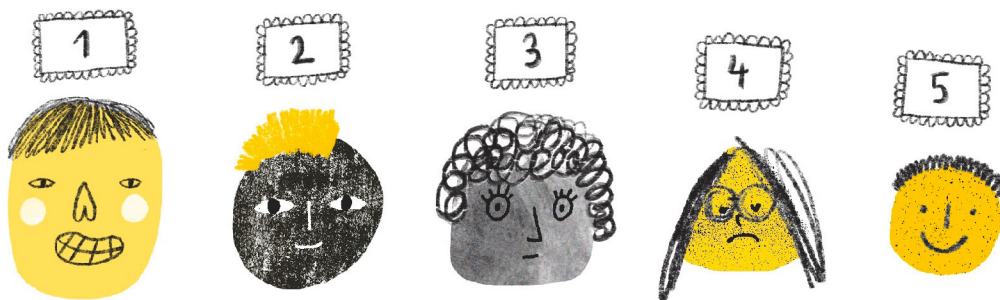
- 1 Place chairs in a circle facing inward, evenly spaced with about 1 foot between them.



- 2 Assign each chair a number [1-12].



- 3 Assign each person a number [1-12].



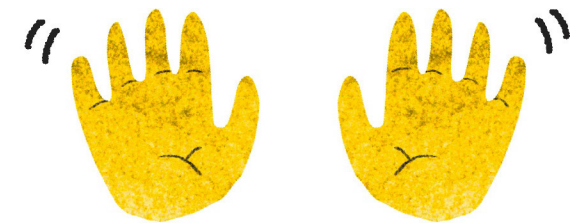
- 4 Find the audio file that corresponds to your number.



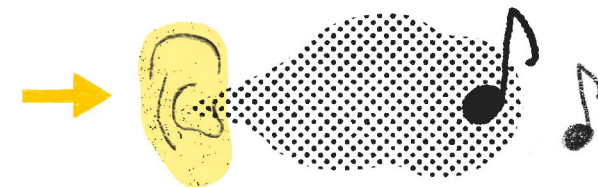
- 5 When all audio files are ready to play, assign a caller to say "Go". Put your headphones on. Stand directly in front of your chair facing the center of the circle. When the caller sees that everyone is ready they countdown, "3-2-1 Go!" and everyone presses play at the same time.



- 6 Place your phone or audio device somewhere on your body to keep your hands free.



- 7 Listen and follow the instructions.



AFTER YOU PRESS PLAY, WE SUGGEST PLACING YOUR PHONE OR AUDIO DEVICE ON THE FRONT OF YOUR BODY SO YOU DON'T SIT ON IT. SOMETIMES IT TAKES A FEW TRIES TO GET STARTED AT THE SAME TIME. FOLLOW THE RULES AS STRICTLY AS POSSIBLE. IF YOU GET OFF, YOU MAY BE ABLE TO SYNC BACK UP BY ADJUSTING YOUR TIMECODE TO THE REST OF THE GROUP.



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WHAT  
HAPPENED  
AMONG THE  
GROUP?

WHAT ARE  
(OR COULD BE) THE  
IMPACTS OF DOING  
SOMETHING LIKE  
THIS?



HOW DID  
YOU FEEL?

?

HOW MIGHT  
YOU DO IT  
*differently?*

?



///



FOR YOU IS A DEDICATED PRACTICE OF PERFORMANCE  
MAKING. WE BRING DIVERSE GROUPS OF STRANGERS  
TOGETHER AND MAKE PERFORMANCES AS GIFTS. TO FIND  
OUT MORE, PLEASE VISIT US AT [www.foryou productions](http://www.foryou productions).

FOR YOU,