

Is there Movement in Stillness ?

Today morning started in a garden, where I was invited as a model to pose for a group of Amsterdam painters and art lovers. Quite an experience, I would say !

You hold each pose for 10 minutes. While painters were busy with their work, I wasn't there just standing and trying to express something, I had my own investigation as well how to keep the pose exactly the same, Where does the tension in my body appear and how can I relieve it? Is it possible to transfer it to another place within my body without changing the pose?

How do i keep the pose the same when feel tired and having sore muscle or cramps? How can my face still express what i want, while the whole body is in pain?

Even when i stand still, the energy flow doesn't stop. So if learn to channel it better, would it be possible to stay in a pose without unnecessary tension?

I have no answers to these questions. They appeared in the process. There is always so much to learn. Thank You [@edgarportraits](#) for challenging me to do this.

Olena

