

ATTN CLUB



LOU, KY



schoolofattention
DUMBO, Brooklyn



"Placelessness, political polarization, and lack of local civic engagement are all at least partly consequences of our shift to an online monoculture. I believe that developing a physical sense of place - at the scale of street, neighborhood, and city - is an antidote to this trend."









shop_chunk 5h



come have a sip and take a dip into your brain

Reclaim your attention.

ATTN CLUB
6-7:15pm Thursday
@ Shop Chunk



it's free, it's chill and it's a good reset for the weekend



See you soon!
6:00



LOUNGE

Find a partner (preferably a stranger). Decide who is partner A and who is partner B. Together, select a chair or couch.

1. Partner A will sit on the furniture. Partner B, facing Partner A, will stand on one leg.

At the sound of the bell:

2. Imagine the experience your partner is having.
3. Switch places and repeat the exercise.

Take notes. Discuss as a group.

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BACK & FORTH

For this practice, close your eyes and listen to a short song three times. Each time, consider that the song represents something different.

1. This song is about the past.
2. This song is about the present.
3. This song is about the future.

Take notes. Discuss as a group.

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TOUCH & FEEL

Select an object.

At the sound of the first bell:

1. Attend to the way light is interacting with the object.

At the sound of the second bell:

2. Close your eyes and touch the object. Attend to the materiality of the object.

At the sound of the third bell:

3. Open your eyes. Imagine how this object might have been made.

Take notes. Discuss as a group.

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MAPS

For this practice, have pen and paper at hand.

At the sound of the first bell:

1. Walk slowly around the room.

At the sound of the second bell:

2. Draw a map of your path, or part of your path, with simple lines and without words or symbols.

At the sound of the third bell:

3. Silently trade maps with someone else. Use the new map to discover something.

Take notes. Discuss as a group.

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FOOTSTEPS

For this practice, move about the space, amid and between others. For each phase, at the sound of each bell, attend **only** to the sound of:

1. Your footsteps

2. Others' footsteps

3. All footsteps

Take notes. Discuss as a group.

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FAMILIARIZE

Select a lamp, vase, or piece of furniture.

At the sound of the bell:

1. Familiarize yourself with the item. Touch it and move around it as needed.

At the sound of the second bell:

2. Face away from the item. Close your eyes and envision the item you are now familiar with.

Take notes. Discuss as a group.

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LOUNGE

Two partners (ideally a manager / Director
and a partner A and one partner B
together with a chair or stool.

1. Partner A will sit on the furniture
Partner B being Partner A will
stand on one leg.

2. Imagine the experience your partner
is having.

3. Switch places and repeat
the same thing.

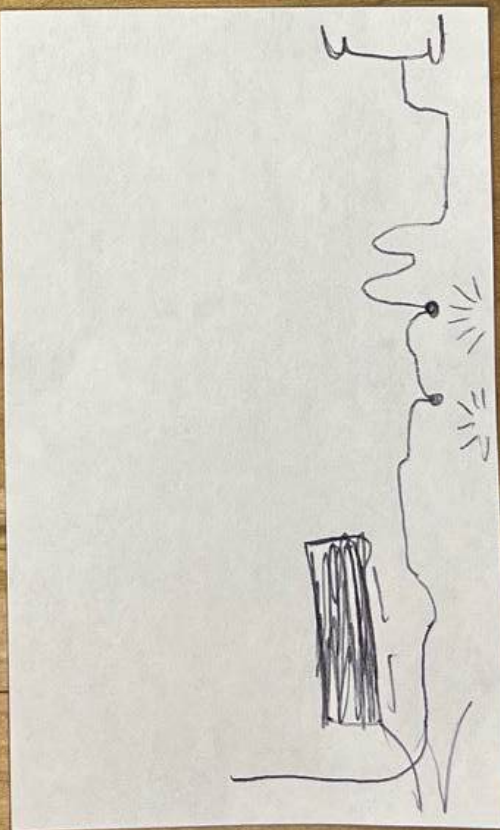
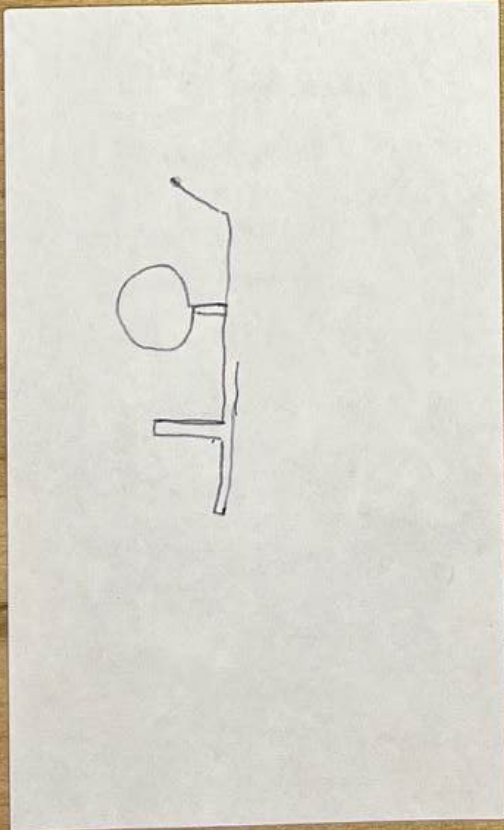
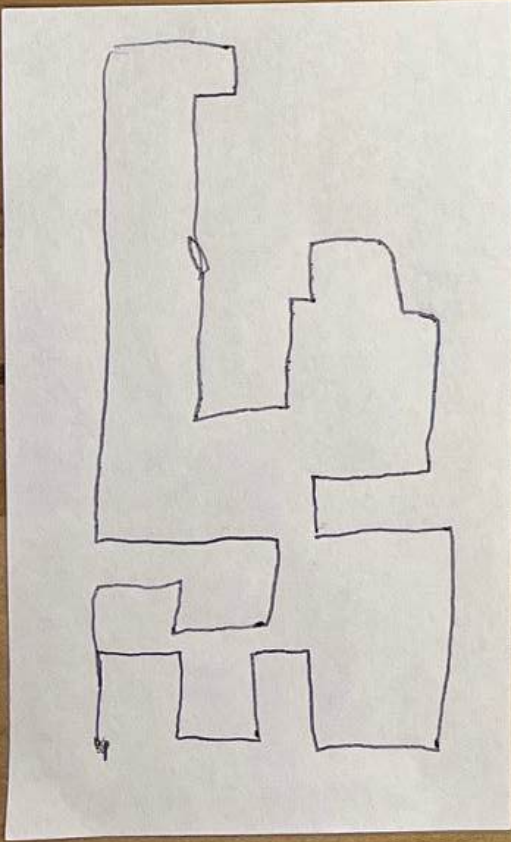
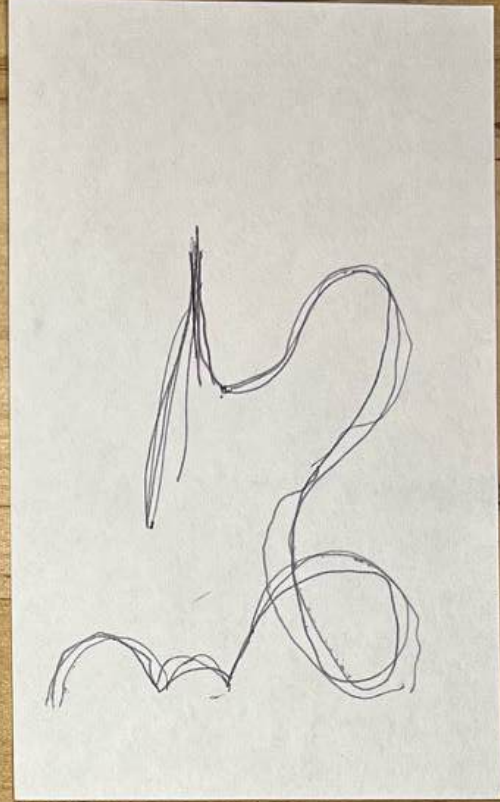
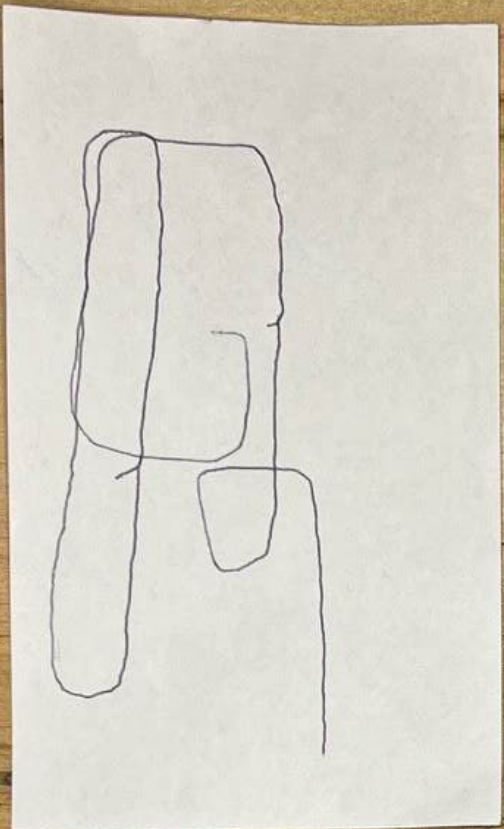
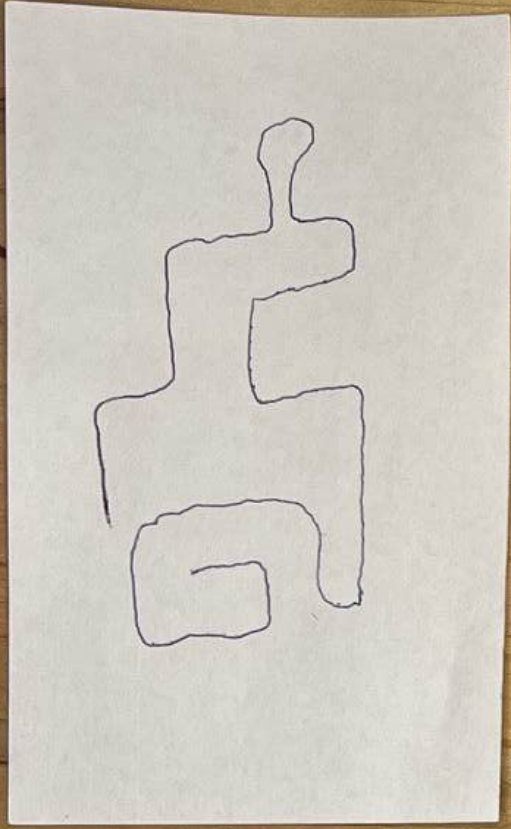
47















THANK YOU

