



OPEN is a gathering of works in progress by Ghislain Amar and Manon Malan on the occasion of the first showing at BUISNESS, the studio space and art space of the artists.

LIST OF WORKS

Ghislain Amar

Two outtakes from 'Twist'

Manon, as a phoenix - the bird lives in Arabia, near a cool well - at the mouth of the Rhine (RIJNMOND)

Loose Ultrachrome inkjet prints in second hand poster frames, acrylic paint

305x162cm

2024

The Climb

Loose Ultrachrome inkjet prints in second hand photo frames

253x142cm

2024

Manon Malan

Altar Parkour

Metal studs, glass, cocktail glass, screenprint and digital print on fabric, plastic spikes, paper installation, variable dimensions

(for instructions regarding the wellness & spiritual parkour journey please read the back of this page)

2024

Thank you Carolina, Jacques and Peter without whom this could not have happened

BUISNESS

**HILLELAAN 49D
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manonmalan.com**



INSTRUCTION MANUAL FOR MANON MALAN'S ALTAR PARKOUR

Manon Malan, is inviting you to a wellness & spiritual parkour journey 'stepper by stepper', with an amazing program of enlightenment, wood stroking, urban trigger point massage and clean washing.

You will become part of the work in progress & get to touch stuff and have an extraordinary experience.

HOW TO DO IT?

Please read carefully and follow the description 'stepper by stepper'.

As a participant, the only thing you have to do is: believe in it! Let's say for at least 63 %, easy right? For the rest you can make it as you fake it, just don't tell anyone. For that, there is a clean washing at the end of the journey and you will be free from all your misconduct or bad behaviour.

Do not have any hopes & you won't be disappointed, it will be just fine.

And cool people, don't worry It also works for very cool people who wear sunglasses all the time! This installation can bring you a greater future, so don't miss your chance.

The way to a successful wellness & spiritual parkour journey :

At first feel free to do the parkour together with a friend or a stranger that is not too strange, choose carefully, it's South Explores & Buisness did invite a lot of people for this weekend!

STEP 1 / ENLIGHTENMENT YOUR JOURNEY STARTS WITH THE CHANDELIER.

Find the object and stand close to it.

The chandelier light is not here to back up your D3 vitamins, but it definitely will blind you with enlightenment for a brighter future, especially when you look away from it again.

Please take your time for your enlightenment before you follow the next step.

STEP 2 / STROKE WOOD & MOLOTOV'S SIT OR KNEEL IN FRONT OF STEPPER 2 AND FIND YOURSELF IN A COMFORTABLE POSITION

In the Netherlands, people spend about 2.5 hours on a smartphone. This is a scrolling recovery session, which can be quite scary, but it is a very important part of your journey.

Please stroke the wood pattern of the Molotov's carefully. With this therapeutic action, you will enhance scrolling recovery and will strengthen your resistance to smartphone use.

There is no rush here, focus also on your breathing to meet deep relaxation.

STEP 3 / FREE LIKE A BIRD FIND YOURSELF IN FRONT OF THE SPIKY STUFF

Think about 3 things that make you happy at the moment.

Think about 6 activities you would do in the future, reading books, travel plans, a project or eating popcorn at Kino Rotterdam, feel free to choose whatever triggers your excitement.

While you think about those 9 things, Use both sides of your hands and massage them

The Urban trigger point massage is activating your possibilities, after this session, you shall feel free like a bird nothing will be stopping you.

STEP 4 / HOLY WATER, CLEAN WASHING POOR YOURSELF A SMALL SIP

Depending on your needs you are welcome to choose your preferred holy water.

On offer, we have blessed Rotterdam water or Vodka.

No one is perfect, that is why we end this wellness & spiritual parkour journey with a liquid ritual. Holy water for clean washing; this ritual has the power to wash your sins, bad vibes and gild away.

Please enjoy this sip it's only a limited offer of Manon Malan

Cheers, you made it!

And don't forget be nice and thankful to yourself anything is possible you are a free bird.