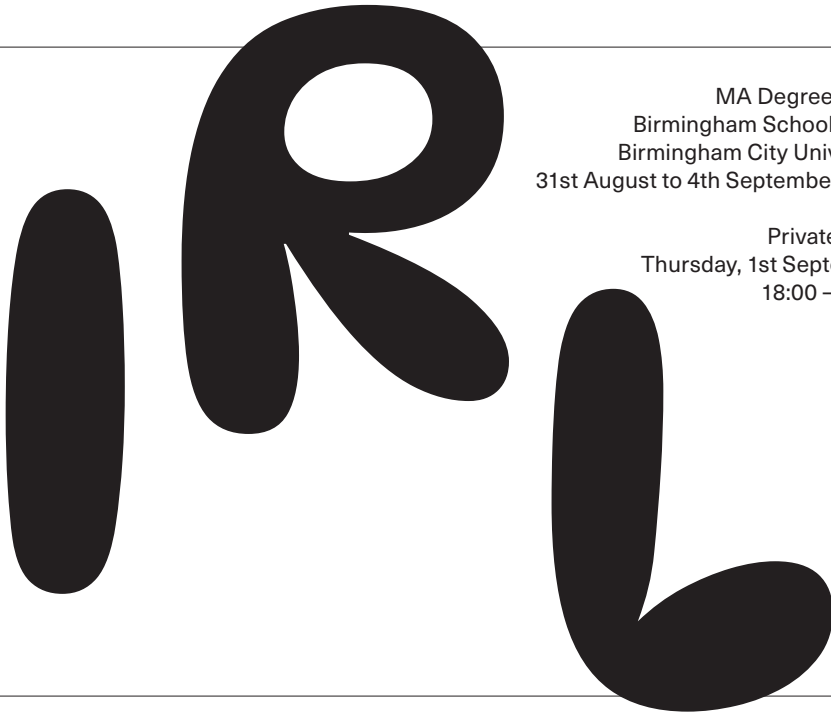




1 min Pause



MA Degree Show
Birmingham School of Art
Birmingham City University
31st August to 4th September 2022

Private view:
Thursday, 1st September
18:00 – 20:00

Somayeh Nematifar, MA Arts and Education Practices
One Minute Pause!



In this project I Integrate art (using natural materials), with mindfulness (reducing stress, strengthening the five senses) to devise a set of one-minute activities that are simple, cheap, or even cost-free, accessible to everyone, anywhere.

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