

**ALTAR/ALTER Synopsis**  
**by Lydia Cottrell & MJ Mizra**  
**Sunday 22 July, 3pm/4pm/5pm**

This performance is for 10 people at a time.

You will be welcomed into the room and be asked to make yourself comfortable. The room will be dimly lit but where you will be sitting will be very clearly marked.

The audience will sit in a circle either on a cushion on the floor or on a chair if that is more comfortable for you.

There will be a pair of headphones for you to put on.

The rest of the performance you will hear through the headphones. You will listen to a range of noises and different soundscapes.

A performer will then begin to talk to you, they will guide you through a meditation as you hold your phone and close your eyes.

You will then be asked to open your eyes and open up the camera app on your phone. You will look into your phone.

After this you will put your phone down.

You will be asked to put on an eye mask (only if you feel comfortable to do so) and hold hands with everyone in the circle.

You will listen to a big soundscape that will have lots of different noises in it.

Once this ends you will remove your eye mask and headphones and the performance will have ended.