

REGRET

A 28 day Durational Performance by Ida Sophia
Floating Goose Studios
June 2-29th, 2021



Report prepared for *The Independent Arts Foundation* by Ida Sophia

It is with immense gratitude for the funding that supported the durational performance *Regret*, that I prepare this report for the Independent Arts Foundation.

About the performance:

Regret was an act of redemption. The performance confronted Ida's regret that she was absent from her Father's side in his last month of life. Time spent in the work represents the time Ida regretted not spending with him. Spending it here became her redemptive action.

Over the month of June 2021, Ida observed a monumental installation of flowers decompose. This natural life-to-death process mirrored the effect of the disease on his body that she did not have the courage to face.

Regret invited the audience to participate and release their own regrets. Over 1000 weighted pieces of plaster were cast as small writing tablets. After writing a regret, the participant attached it to Ida's clothing. In this act, Ida physically took on and carried the symbolic weight of Regret(s) for the duration of the performance.

Funding Contribution



The \$1,000 significant contribution was used to commission a custom made chair from the Jam Factory Alumni Furniture Designer, Steven Soeffky of SOEFFKY.

The chair was co-designed and made to my body's specifications, as well as ergonomically structured to ensure that sitting in it for long periods would not cause any physical problems. It was upholstered in the same fabric as the costume I wore. Materials for the chair were sustainably sourced

I sat in the chair daily, from 12-6pm for a total of 178 hours over the month.

The chair was designed in such a way that the upholstered padding can be removed, thus giving the chair the ability to be used in future performances.

Attendance and Participation

Over the duration of the performance, approximately 927 people attended in person, an average of 22.25 people per day. The number of participants contributing their regrets was approximately 520, an average of 17.46 regrets per day. This data was collected by the volunteers sitting the gallery daily.

Online, the participation and eyes on the performance was extensive. According to the Insights provided by Instagram, collected on June 30th, 2021: 214,075 accounts were reached and there were 4,932 content interactions (likes/comments/shares).

Notes

Regret was featured on ABC's Artworks and received significant media throughout the exhibition including: Review by MindShare SA, plus small press articles announcing the performance in the websites and social media pages of Fashion Journal, Broadsheet, Indaily and ArtsHub.

ABC Artworks, Episode 18: <https://iview.abc.net.au/show/art-works>

Mindshare: <https://mindshare.org.au/reflection-on-regret-by-ida-sophia/>

Indaily: <https://indaily.com.au/inreview/2021/04/07/the-power-of-performance-how-adelaides-experimental-art-scene-is-being-reignited/>

A piece of writing was also commissioned by the writer Farrin Foster from the perspective of a participant, you can read that report here: <https://www.idasophia.art/journal/q3c02x5k3u7jhca57m2kaimtoj74h2>

The Independent Arts Foundation was acknowledged across social media posts, at the opening and closing events, in the press release and in the printed exhibition materials.



I am so grateful for the contribution of The Independent Arts Foundation to this project. The chair was a *crucial* element of the success of the endurance element, it would not have been the same without it.

www.idasophia.art
hello@idasophia.art