

# HARA KIRI : EXERCICES

**DIRECTOR**

Manon Labrecque

**DURATION**

38:50

**YEAR**

1998

**ORIGINAL LANGUAGE**

French

**CATEGORY**

Video Art

**DESCRIPTION**

A few minutes, to exorcise the fear of death.

A few minutes, to train oneself to die.

A few minutes, to die... in the living.

12 little deaths... and the everyday life.

**IMAGE FORMAT**

4:3

**KEYWORDS**

Ritual, Disappearance, Death

**THEMES**

Art and culture

Identity

Private life