

The M Man.

Living one day at a time

Vol. 1 Issue 8
Free edition



Arts District LA

Living the art

Toroy Moi

Wolfgang Tillmans



Shred



The M Man.

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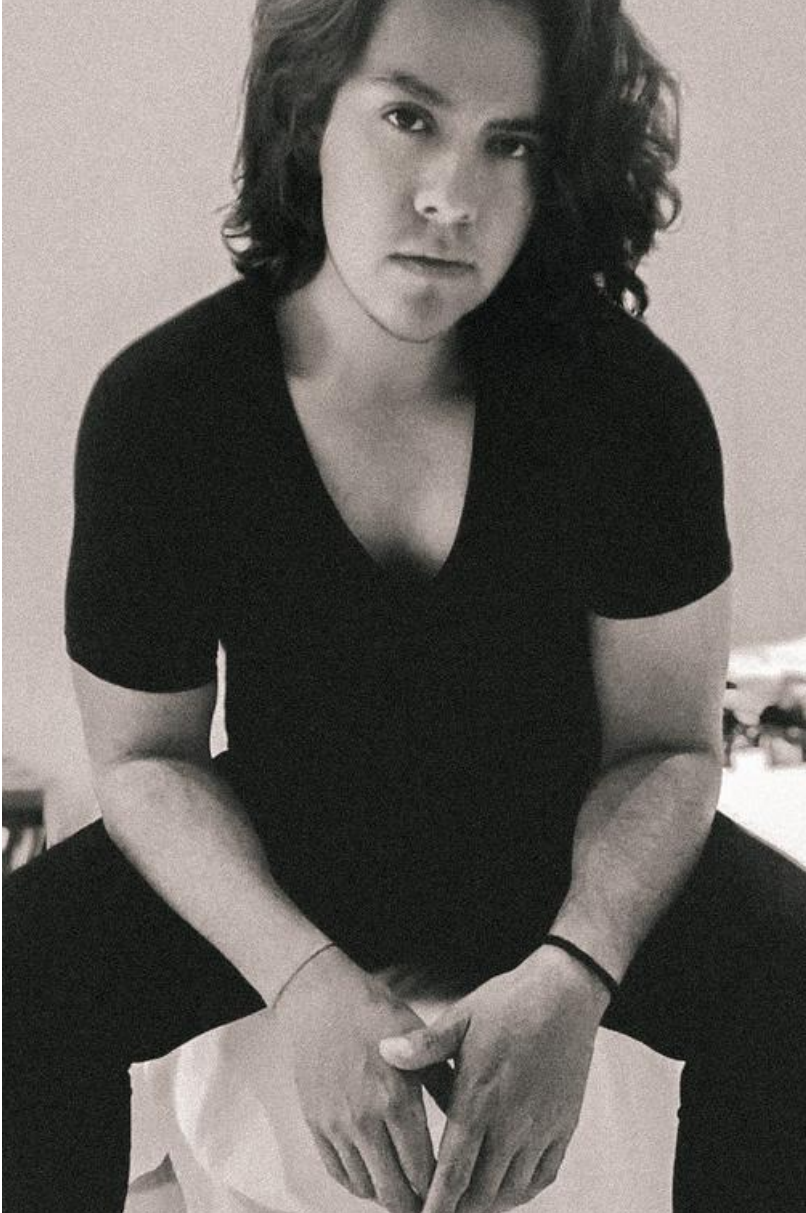
MINDFULNESS

Increasing Calm

The M Man.



Editor's Note



Ricardo Teco Adame
Editor-in-chief

Los Angeles is one of my favorite cities. You can find music, good food and art in every corner of the city. There's a cool area known as 'Arts District' where the street art has made a big impact the community.

With more than 15 years of career, the german photographer Wolfgang Tillmans became one of the most diverse artists in the last decade. He's not only a photographer, he's also a singer and a freedom fighter.

Talking about music, Toro y Moi has been in the music scene for a while. 2020 has been a good year for him, after releasing a really successful album in 2019, the singer has a new collaboration with Mattson 2.

Shred is a really cool app for those who wants to workout, no matter if you're in a gym or at your house, you can have a personal trainer in your smartphone.

 [mr.teco](https://www.instagram.com/mr.teco)



ARTS DISTRICT

LOS ANGELES

The Arts District in Los Angeles is an industrial area of former warehouses and factories in Downtown L.A. that has been home to artist studios since the 1970s. It has finally reached the critical mass to be designated as the official Downtown L.A. Arts District.

The artist studios and lofts are still mostly under the radar, although there are a few open studios and galleries. It is the murals, street art, maker co-ops and an influx of trendy eating establishments that have made the Arts District a hot spot.

The Downtown L.A. Arts District is located between Little Tokyo at Alameda to the west and the railroad yards and L.A. River to the east.





Above
Arts District's Street Art

Much of the art you will see on walls in the L.A. Arts District was not sanctioned by the City of Los Angeles, which imposed a moratorium on murals back in 2003. In defiance of the ban, and with the cooperation of the community and local businesses, the L.A.

Freewalls mural project began facilitating the acquisition of walls for international and local artists to paint in 2009. Shepard Fairey (who also has a mural on the West Hollywood Library) was the first artist to participate in the project with his wheat paste mural "Peace Goddess" at 806 East 3rd Street. The project also included French artist JR and German twin brothers Raoul and Davide Perre was known as How and Nosh.

Collaboration is a longstanding tradition in the L.A. street art world. Some works are created as one work by multiple artists, like the UTI Crew. Other walls are shared by separate artists or groups of artists and may or may not appear as a cohesive work. They may be different interpretations of a concept or totally unrelated.

The transition from graffiti walls to more mural walls helped clean up the neighborhood, and more people started moving into the area, bringing more restaurants, and new businesses. Original residents worry about the current gentrification and the loss of fringe status. For the time being it's a mix of industrial grit and new upscale developments.

The sanctioned murals are usually protected for two to three years, and then they might be painted over. Unsanctioned murals may disappear sooner, so the murals currently on display may or may not be on the walls when you visit.

The transition from graffiti walls to more mural walls helped clean up the neighborhood, and more people started moving into the area,.







SMORGASBURG

Smorgasburg LA is open every Sunday on the five-acre site of the weekday Alameda Produce Market in Downtown Los Angeles, which is part of a larger, new development called ROW DTLA. Each Sunday, find dozens of exciting food vendors at Smorgasburg LA, plus sophisticated shopping from the realms of design, craft, style, vintage, wellness, and more. Cultural events, pop-ups, and other surprises transform the vast site into a new node in Downtown LA's burgeoning scene, and a unique destination for the region.

MORE ART

The A+D Architecture and Design Museum moved from Museum Row to 4th Street in the L.A. Arts District in 2015. The museum celebrates the progressive architecture of Los Angeles with exhibits, programs, and tours.

Smorgasburg LA is open every Sunday on the five-acre site of the weekday Alameda Produce Market in Downtown Los Angeles, which is part of a larger, new development called ROW DTLA.







Popular eating and drinking establishments in the north end around 3rd and Traction include the gritty Angel City Brewery, trendy German snack bar Wurstkuche and the bustling café/bakery Pie Hole. Farther south, there's the industrial Italian Factory Kitchen on Factory and Pour Haus Wine Bar.

TOURS

There are several guided and audio tours available for the Downtown Los Angeles Arts District. Art and Seeking offer private guided tours or a downloadable audio tour of the street art of the Downtown L.A.

Arts District conducted by art professor Lizy Dastin. LA Art Tours offer regularly scheduled Downtown L.A.

Graffiti and Mural Tours, as well as tours of other L.A. art enclaves like The Brewery and the Santa Fe Art Colony. Private tours are also available.

ART SHARE LA

Art Share is the only 100% affordable housing building in the Arts District providing equitable access to artists giving them a creative environment for them to live, work, develop, perform, and exhibit.

Art Share's attracts 40,000 residents and tourists annually who visit our facility and fall in love with our exhibitions, performances, and community events.





Photo Credit: Toro y Moi

Toro y Moi

Chaz Bundick started making bedroom recordings under the name Toro y Moi in his native Columbia, South Carolina in 2001.

Growing up, he'd heard the disparate sounds of funk, soul, and new wave around the house and these influences colored his musical experiments.

As he continued recording, so did the work of more contemporary artists like Beach House, Dilla, and Animal Collective. Along with recording many albums on his own, Bundick also played in bands.

Chaz Bundick started making bedroom recordings under the name Toro y Moi back in 2001.



Photo Credit: Toro y Moi

The Toro y Moi recordings were the ones that caught the ear of Carpark Records, however, and they released the "Blessa"/"109" single in 2009.

The dreamlike, lo-fi songs were prototypical chillwave, and Toro y Moi, along with Neon Indian and Washed Out -- whose Ernest Greene was a childhood friend of Bundick's -- were seen as the vanguard artists of the nascent style.

The first Toro y Moi album on Carpark, the murky, home-cooked *Causers of This*, was released in 2010 and got a lot of coverage in the press and some high-profile fans like Kanye West.

After making an album that relied on samples alone, Bundick swung in the other direction for 2011's *Underneath the Pine*, using real instruments and incorporating space age bachelor pad and disco influences into his sound.

The end result wasn't very chillwave by design, and it showed that Bundick had more to offer than murky, bedroom dream pop.

That same year, he released the *Freaking Out* EP, which moved even closer to the dancefloor and featured a shimmering cover of Alexander O'Neal & Cherrelle's 1985 R&B hit "Saturday Love."

After Bundick moved to Berkeley, California in 2012, his music began to reflect his separation from loved ones, giving his next album a slightly more melancholy feel. Anything in *Return* was released in early 2013 on Carpark.

His next move was to give himself over to dance music entirely, releasing the *Michael* album in 2014 under the name Les Sins.

It was the first release on Bundick's new label, Company, which he co-ran with Carpark.

The same year, he also collaborated with Vinyl Williams on an album of new age prog songs titled *Trance Zen Dental Spa*.

The next Toro y Moi album, 2015's *What For?*, featured contributions from guitarist Julian Lynch and Unknown Mortal Orchestra's Ruban Nielson, and was the project's most straightforward collection of guitar-heavy pop songs to date. Bundick took an expanded live band out on the road, filming/recording one of the concerts, then releasing it as *Live from Trona* in 2016.

He also hooked up with the jazz-prog duo the Mattson 2 to record the *Star Stuff* album, which Company issued in late 2016.



FOLLOW TORO Y MOI ON SOCIAL MEDIA



| LISTEN TO 'ordinary_guy'



By the time that album hit the shelves, Bundick had begun recording another Toro y Moi album.

It was a time of soul-searching on both personal and musical levels, leading Bundick to change his name to Chaz Bear and shift musical gears back to his trademark ambient R&B chillwave sound.

Taking inspiration from artists like Frank Ocean and Oneohtrix Point Never, Boo Boo introduced more chill and space into the mix.

After releasing Toro y Rome, Vol. 1, a five-song EP made with Philadelphia rapper Rome Fortune in 2018, Bear issued the sixth full-length Toro y Moi album, Outer Peace, early in 2019.

The record showed the influence of Daft Punk and the Caribbean funk of keyboardist Wally Badarou.

His latest single 'Ordinary guy' has a collaboration with The Mattson 2. It's a cover of Latin singer Joe Bataan's song of the same name. The singer, songwriter, and record producer initially debuted the track last year during a radio show and has now finally released the official version.

The new track arrives after his recent collaboration with Flume on "The Difference," which followed his most recent album, 2019's Outer Piece.



'Ordinary Guy'
Available Everywhere



Photo Credit: Wolfgang Tillmans

WOLFGANG TILLMANS

Wolfgang Tillmans is an influential contemporary German photographer. Emerging in the 1990s with his snapshot documentations of youths, clubs, and LGBTQ culture, Tillman's practice has expanded to include diaristic photography, large-scale abstraction, and commissioned magazine work. "I want the pictures to be working in both directions," the artist has said. "I accept that they speak about me, and yet at the same time, I want and expect them to function in terms of the viewer and their experience."



Photo Credit: Wolfgang Tillmans

Born in 1968 in Remscheid, Germany, Wolfgang Tillmans studied at Bournemouth and Poole College of Art and Design in Bournemouth, England, from 1990 to 1992. In 2000, Tillmans was the first photographer and first non-British artist to receive the Turner Prize, an award given annually by Tate in London.

In 2009, he received the Kulturpreis der Deutschen Gesellschaft für Photographie and was selected to serve as an Artist Trustee on the Board of Tate.

Since the early 1990s, Tillmans's work has been the subject of prominent solo exhibitions at international institutions. In 2003, his first midcareer retrospective, if one thing matters, everything matters, was presented at Tate Britain in London to much critical acclaim.

In 2006, Tillmans's first New York museum exhibition, titled Freedom from the Known, was hosted by P.S.1 Contemporary Art Center, Long Island City.

In 2017, Tate Modern in London held a major survey exhibition of Tillmans's work. The artist also presented a new immersive installation featuring his work in music and video in the South Tank at the museum.

Later that year, solo shows of Tillmans's work were on view at the Fondation Beyeler in Basel, marking the institution's first comprehensive examination of photography as a medium, as well as at the Kunstverein in Hamburg.



Photo Credit: Wolfgang Tillmans





Photo Credit: Wolfgang Tillmans

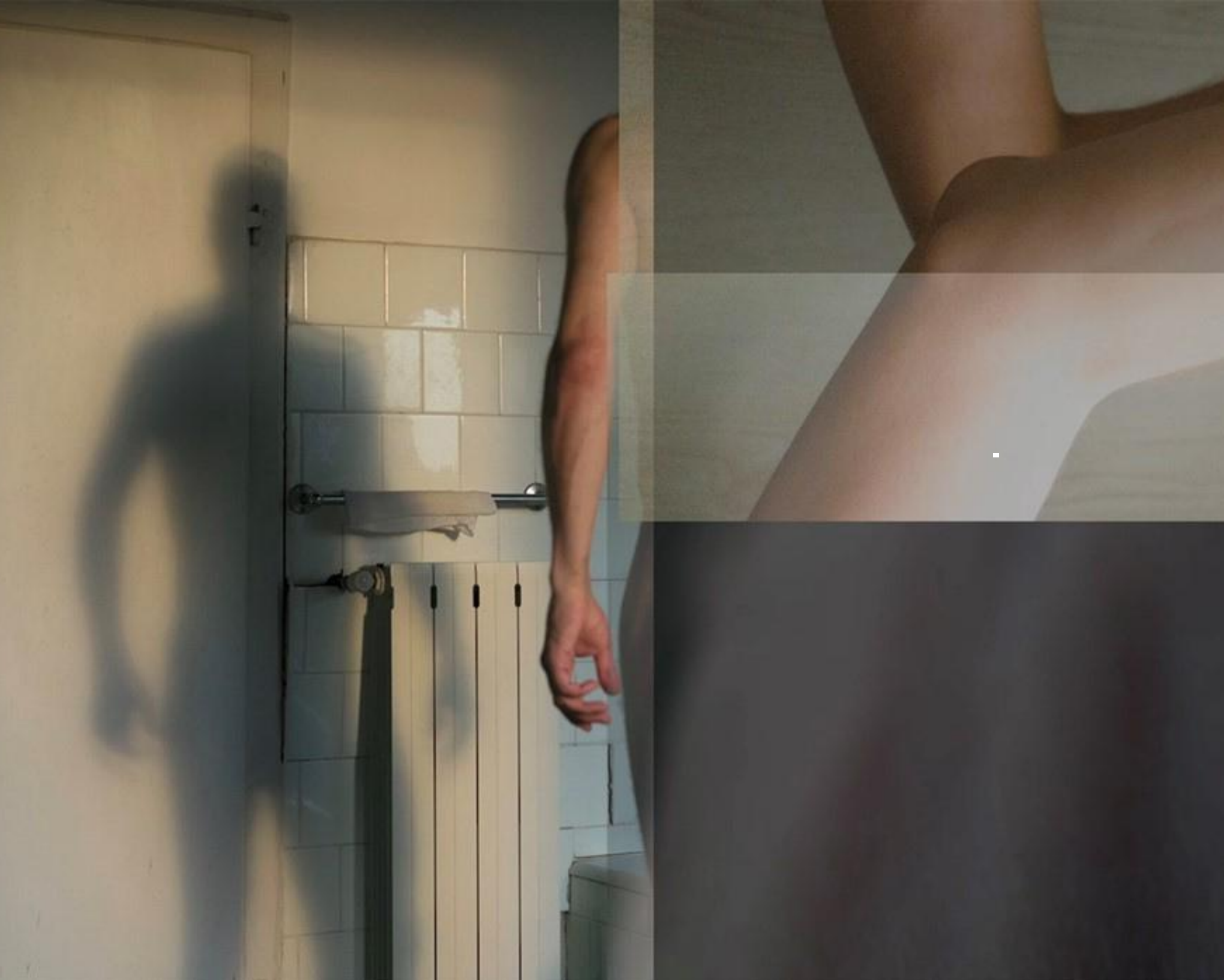


Photo Credit: Wolfgang Tillmans

When photographer he was young, he loved the stars. At age 10, he found a book on astronomy nestled in his parents' bookshelf, which sparked a zealous appetite for observing what lay beyond the Earth.

He spent days and nights in his German hometown of Remscheid with his eyes turned toward the skies. "I wasn't a particularly popular boy in school, and in the face of extreme loneliness of the universe, I felt somewhat held,"

Tillmans said during a recent talk with Aperture editor Michael Famighetti.

"A lot of people are scared by infinity, [but] it gave me something to hold onto."

When Famighetti recently invited Tillmans to guest edit the winter 2019 issue of Aperture, the photographer chose the theme of spirituality as the basis for the collected photo stories and texts.

"I immediately knew that it should be spirituality because I strongly sense that the political shifts in Western society in the last ten years stem from...a lack of meaning in the capitalist world," he wrote in the issue.

He found a book on astronomy nestled in his parents' bookshelf, which sparked a zealous appetite for observing what lay beyond the Earth.



Photo Credit: Wolfgang Tillmans



Tillmans has been outspoken about his qualms with organized religion, so his focus on spirituality may seem surprising.

Yet his early fascination with astronomy, along with his deep love for club culture and queer kinship, shaped his secular approach to the subject.

In his own photography, Tillmans embraces diverse subjects that often reflect very earthly concerns: rave subcultures, sexuality, and the mundane.

Tillmans defines spirituality not by what murky afterlife may await us, but by how we form connections with each other while we are still here.

When Tillmans moved to Hamburg in the late 1980s, he was introduced to acid house parties, which would eventually become his first focus in photography.

"I felt a great desire to talk about this sense of community and togetherness that I experienced there—these bodies in motion, yet in contemplation, on the dance floor," he told Famighetti.

About Unity

Tillmans, who has lived in London since the mid-1990s, sought a similar sense of unity as the threat of Brexit loomed. Having grown up in fractured Germany, he feels strongly about the illusory quality of borders.

These concerns have led to activism. In his earlier body of work "On the Verge of Visibility" (2016), Tillmans explored the idea of boundaries by photographing the meeting places between color fields, sea and sky, day and night, and clouds and air. Tillmans revisited the series and printed his images on posters that urged voters to consider the serious implications of fragmenting the European Union.

Upon approaching such nebulous boundaries as horizons, one discovers they do not actually exist. "No man is an island," one poster declares. "No country by itself."

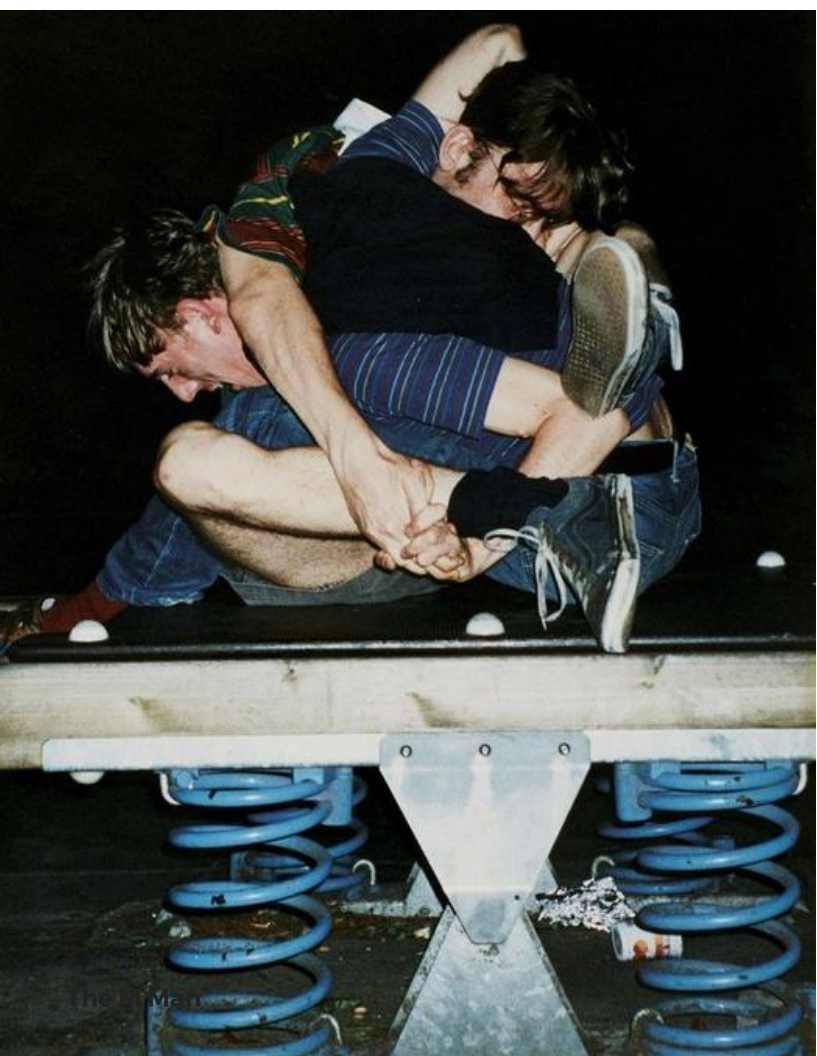




Photo Credit: Wolfgang Tillmans

His musical career

For the last years Tillmans has also been working in a different kind of studio and exploring a somewhat unexpected medium: electronic music.

His latest single, "Source," is out now on vinyl, and available to download or stream, under his own label "Fragile," with remixes by the legendary German electronic music producer Roman Flügel.

Tillmans's career as a music producer is more of a return to an original passion, rather than an artistic reinvention.

In 1985, two years before he bought his first camera, Tillmans started experimenting with music, which he probably would've pursued if it weren't for fate: "My collaborator Bert [Leßman] left town and I never found the courage to find another.

Then I discovered my visual side and began making work with a black and white photocopier. Somehow that took over," he told me over the phone.

Music has always been present in the artist's visual work: from his early days documenting club culture in Berlin and London, to spaces that he dedicated entirely to sounds, such as exhibitions at his nonprofit gallery in Berlin and at Tate Modern's South Tank.

But it wasn't until almost 30 years later that his desire for making music would resurface in a gradual process that started taking form in 2014, when he worked on a video called "Instrument."

Tillmanns's music is a fascinating mixture of '80s synth pop, druggy trance, and minimal techno. Singing in English and German, he tackles themes such as queerness, homophobia, and anti-Brexit activism, while experimenting with sounds as diverse as violins, trains, and a dying car alarm.

Photo Credit: Wolfgang Tillmans





Photo Credit: Wolfgang Tillmans



Increasing calm with these mindfulness activities

BY THE M MAN

When we are stressed-out, sad, anxious, irritated, or angry, we typically want those feelings to just disappear. This is natural. It can be difficult to sit with uncomfortable emotions, especially when we feel like there's no way out.

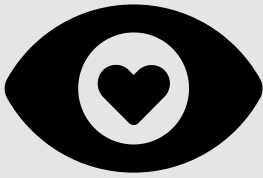
While happiness and joy may not be the immediate results of doing a mindfulness exercise, doing them consistently can help put an end to excessively ruminating on the past and worrying over the future.

The cool thing about mindfulness is that it can be practiced by anyone — even kids — in any place, at any time.

Pick a couple of these activities to help you to find calm, try them out every day for a week, and note what you've learned about your mental landscape.

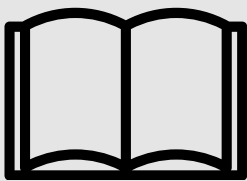
Ready? Let's do it!

INCREASING CALM



01 THE NAME GAME

This game is simpler than Eye Spy and yet it can be a powerful tool to curb spiraling thoughts. First, look around you and name three things you can hear, then two things you can see, and finally one sensation that you feel. "By doing this, you are grounding yourself by increasing your awareness of your body and your environment,"

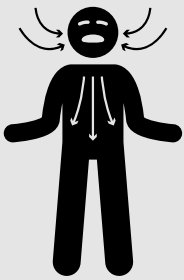


02 INTENTION SETTING

Before you open up your laptop and begin your usual grind, take a few moments to center yourself. "Setting aside a little time in the morning to set intentions helps you start the day with a clear mind."

For specific examples, you can start with yoga and notice what your body needs in that moment, or read an uplifting book to set a positive tone for the day.

INCREASING CALM



03

DEEP BREATHING

The quality of our breathing tells us a lot about where our headspace is at. Chances are, if you're feeling a bit anxious, your breath may feel short, shallow, or constrained. So one simple way to relieve stress is to practice deep breathing through the diaphragm. Breathe in for four seconds, then breathe out for four seconds. Repeat this five times.



04

CANDLE STUDY EXERCISE

Light your favorite candle, sit comfortably, and watch the flame sway and flicker. "This is actually a form of meditation," says Martinez. Gaze at candle for five to 10 minutes and let your mind wander, she says. Observe your thoughts. Let them pass without judgement.

SHRED APP

Daily workouts that will push you harder!

Shred will give you thousands of incredible home & gym workouts, and a motivating community that pushes you through your training. With diverse workouts across a range of training styles and durations, you can always find the perfect training session for your day.

The cool thing about this app is that creates workouts for you to do with some basic gym equipment. The workouts are based on your goals.

Do you want to get shredded? Maybe you'd rather blend some cardio into your muscle-building routine.

Whatever the case, Shred sets you up with a complete program so you know what to do and which days to do it.



The app suggests the number of repetitions you should do, which you can always adjust, but you decide on the weight.

When you sign up for Shred, you get an Unlimited account free for one week (no credit card required).

From there, you can choose to pay for Unlimited or stick with a free plan that comes with fewer workout options.

The app gives you personalized workouts, you won't have the same routine everyday.

Attack your training with different styles. Always keep the body guessing with our range of workouts for the home or gym.

Shred knows how important is to workout with friends. They made it easy to train as a unit. To sync your workout with a buddy, simply scan and go.

It's fantastic!

Another good thing about the app is that you can track your workouts.

You will know exactly how much weight to do and when to do it with our intelligent tracking system. Stats history & progress at your fingertips.

Even if you're not so familiar with working out, the app still offers plenty of videos for every single move that is easy to watch and follow.

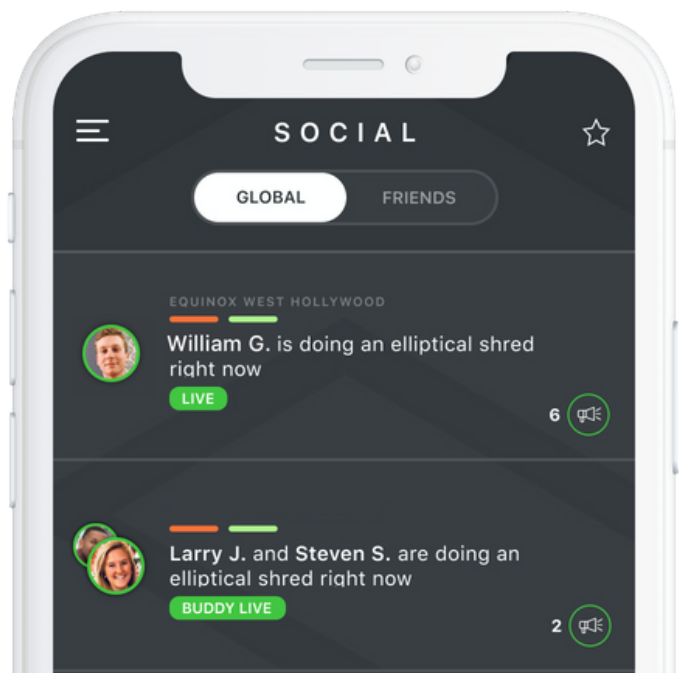
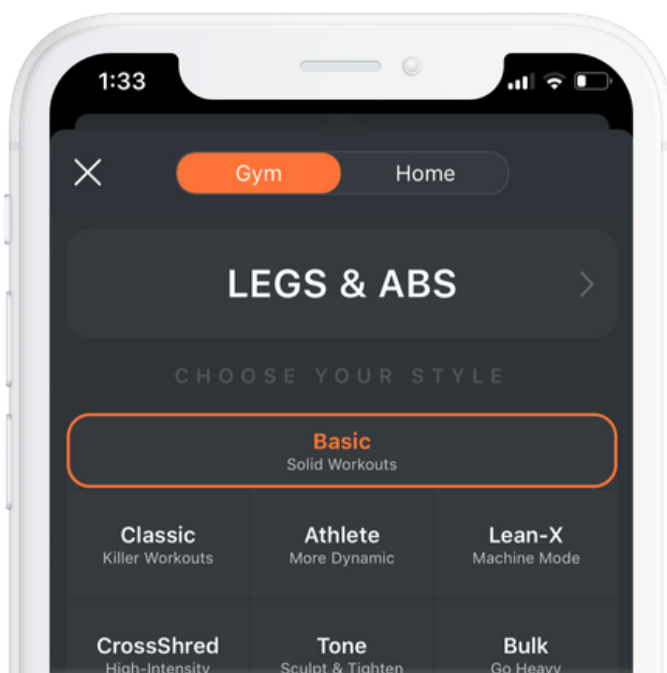
It clearly provides the reps to perform, and countdowns rest for you while providing a motivational quote from a fitness figure, athlete, or expert.

At the end of whatever workout you choose, you have the option to add in a quick cardio and/or a quick shred finisher, both of which are roughly five minutes and cap off your workout with a bang.

Some days I chose both and others I chose one or neither. No matter which I go with, I never have a bad workout with this app.



Download SHRED



THE MINIMALIST MAN

THE OFFICIAL PLAYLIST IS AVAILABLE ON

<http://fanlink.to/TheMMan>



Photo by Ricardo Teco Adame
Location ROW DTLA

www.theminimalistm.com

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