

Inga Meldere (b. 1979 in Kuldīga, Latvia) lives and works in Helsinki, Finland. Meldere has obtained a Master degree in Fine Arts in Painting. Between 2013 and 2014, she was a researcher at the Jan Van Eyck Academie, Maastricht, Netherlands.

In her practice, she emphasises painting as a performative tool and considers it an expanded field. Meldere works with cross-disciplinary, innovative, and speculative approaches within conservation, pedagogy and contemporary art. Her practice explores the traces of impermanence, dealing with questions around authenticity, social history, and the exploration of micro-histories.

Meldere's recent exhibitions include „Moon Bends Back“, SIC, Helsinki (2024), „Bluetooth (Sister N.)“, Temnikova & Kasela, Tallinn (2022); „Hidden matter“, with Mikko Hintz, Helsinki Contemporary (2019); „Twofold“, with Atis Ievinš, Latvian National Museum of Art, Riga (2017); „Vertex“, SIC, Helsinki (2017); „Colouring Books“, kim? Contemporary Art Centre, Riga (2016); „House By the Waterfall or Colouring Books for Adults“, Temnikova & Kasela, Tallinn (2016); „Writers Room“, Museum of Janis Rozentals and Rudolfs Blaumanis, Riga (2015); „Berzkalni“, gallery G12, Helsinki, (2015); „Magic Mountain“, gallery XO, Riga (2014); „Untitled“, with Oscar Santillan, Temnikova & Kasela, Tallinn (2013).

Inga Meldere
Breathwork
June 29 – August 10, 2024

Pech (Pinacoteca. Künstlerische Diskurse in Theorie und Praxis), Große Neugasse 44/2, 1040 Vienna. ZVR: 157434583. Supported by the Federal Ministry of Arts, Culture, Civil Service and Sports (BMKOES), the Department of Culture of the City of Vienna (MA7), and the 4th Municipal District of Vienna, Wieden.

Anything covered is always interesting. There is never nothing beneath. Imagination, no matter the circumstances, fills the void, constantly at work, seeping into every fissure.

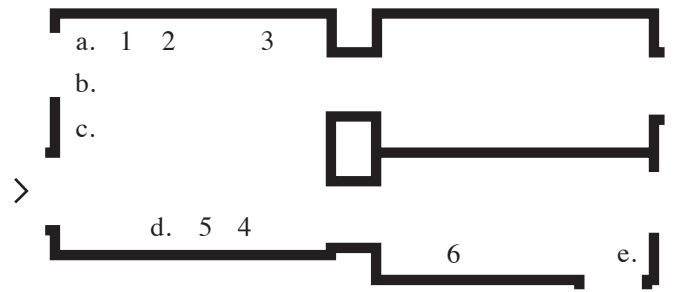
Inhale slowly and deeply through your nose. Keep your shoulders relaxed. Your abdomen should expand, and your chest should rise very little. Beneath the white layer of paint on the walls lie images and patterns that bridge the worlds of the past and the affections of the present.

Exhale. At some point, people believed that the breath of life entered the body through the right ear while the breath of death entered through the left. Later explanations described breathing as drawing air into the lungs, fueling the heart like a combustion engine, a chemical reaction that reacts rapidly with oxygen and releases energy in the form of heat, soul, light, and carbon dioxide, removing sooty and fuliginous spirits from the body.

Inhale. Galen, the physician of Marcus Aurelius, was concerned with the conflicting requirements for the heart and lungs to generate innate heat. Just like a fire, the heart would extinguish without air. A delicate balance was necessary between fanning the source of the heat and cooling it in due proportion.

Completely exhale through your mouth, making a “whoosh!” sound. Place and keep the tip of your tongue against the ridge of tissue behind your upper front teeth. Gruff and grimy waste products are discharged from the lungs through the blood. The squalid materials lift off and diffuse in the ether once the breath is pushed out of the body.

Breathe normally for a few moments, then begin the pattern anew.



1
Nectars, 2023
Oil on paper
29.5 x 40.5 cm

2
Bad Star, 2024
Oil on paper
41.5 x 29.6 cm

3
The Study of Palm, 2024
Oil on paper
41.5 x 29.6 cm

4
Triangle, 2024
Oil on paper
29.6 x 41.5 cm

5
Bad Hearing, 2024
Oil on paper
29.6 x 41.5 cm

6
Dolphins and the Light, 2024
Oil on paper
29.6 x 41.5 cm

a.-e.
Breathwork, 2024
various dimensions