

Press Release

Healing Nature, a pop-up exhibition, will take place at Bramborárna Gallery.

Galerie Bramborárna,
Opening 18:00, 28.01.2022
@cosmos_gallery

An immersive sensory experience exhibition of artworks by **Tereza Trnková** and **Saša Spačal**, curated by **Markéta Bia**, a student of AAU. A selection of visual and interactive artworks by **Tereza Trnková** is accompanied by a sound artwork, **Tides** by **Saša Spačal**. The candles that softly illuminate the inside brickwork of **Bramborárna** and the smell of incense guide the audience through the underground gallery. The exhibition is for all that are open to spiritual healing. This **3-hour pop-up** exhibition will be open from **18:00-21:00** on Friday, **28.01.2022**.

Curatorial text

As the earth quietly cries underneath our feet, we must turn our attention and listen. But, first, we need to understand nature's importance. It is an intrinsic part of our being. Therefore, without nature, there is no us. Once we accept this, we can take measures to preserve what is left and live in harmony with it.

The Healing Nature exhibition aims to create a multi-sensory experience and transform a bare room into a new world that brings you closer to the earth. In the pyramid built by Tereza Trnková, you can meditate on the state of the world, and when listening to the sound Tides created by Saša Spačal, you can ponder the relationship between nature and human beings. So enter the ground and experience a parallel universe where everything exists in consonance and awaken within you the long lost connection to yourself and nature.

Tereza Trnková is a spiritual and art activist who focuses on the energies, the emotional and inspirational depths of her works and how they can be transferred to the audience, whilst also weaving magic into them. She creates works that celebrate the beauty of nature and the elements of interpersonal contact. Apart from her artistic practice, she works as a Spiritual Response Therapist and cleanses living spaces of negative energies.

I was sitting in a pyramid, and I changed the world, 2020, installation by Tereza Trnková
“If we live in a holographic universe where each part contains the whole, the past and the future do not exist, and everything exists in the present moment, then the material world is constantly being formed based on our energy that materialises based on our attention and perception. Suppose the image of everything forms in our minds, nothing actually exists, and the collective consciousness has agreed upon everything. In that case, it means that our world is formed based on our collective perspective of it. Therefore, the world can be changed by perception. The work intends to inspire a responsible perception of the world.”

Saša Spačal is a post-media artist who incorporates living systems research with contemporary and sound art. Using scientific research and creating technological interfaces, Saša Spačal produces innovative artworks that tackle the idea of the posthuman condition where people exist in harmony with and as a part of the greater ecosystem rather than dominating it.

Tides, 2017, sound art by Saša Spačal

“Tides, constant waves on the surface of Earth, are trying to find that perfect balance of waters for specific spacetime conditions. Sometimes tides have deviations. Sometimes humans cause them. Sometimes there comes a time for flood or drought to reset the cycle, to reset the population, to reset the time.”

For further information about the exhibition, please contact Markéta Bia on +420 734 642 172 or email at bia.markeeta@gmail.com. More information can be found on the Instagram account [cosmos_gallery](#).

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Notes to editors

- The exhibition opens to the public on 28 January 2022 at 18:00. The entry is free.
- Healing Nature is curated by Markéta Bia
- The gallery can be found inside the park Stromovka in Prague 7
- Mentioned artworks will be present at the exhibition
- Please include the Tides description in all publications as per the request of the artist