

Zarah Hussain, *Breath*

7 – 28 July 2022

Grosvenor Gallery
35 Bury Street
London SW1Y 6AU

Inhale IV, 2020 / Exhale IV, 2020 (Image courtesy Kathy Tarantola)

“There is such a benefit to just slowing down and being quiet. Taking time and focus to look inwards, to sit and breathe quietly, to meditate, to contemplate. There's a real power in reclaiming time for yourself.”

We are delighted to announce our upcoming exhibition of paintings by Zarah Hussain (b.1980). *Breath* is Hussain's first solo-exhibition at the gallery and opens with a reception on Wednesday, 6 July from 6 – 8 pm. The exhibition continues until Thursday, 28 July 2022.

In these works, Hussain explores the principals of geometry and mathematics, to guide the viewer into a moment of deep contemplation and stillness. In their pairs, the paintings represent inhalation and exhalation, as well as the pauses in between. Many of these works were exhibited at the Peabody Essex Museum in Salem, USA in 2020/2021 as part of an exhibition commissioned by the museum. Another painting from this series is on display at the Royal Academy Summer Exhibition in London from 21 June – 21 August. Her work was chosen for the prestigious annual exhibition by British artist Grayson Perry CBE RA.

Hussain is a multi-disciplinary artist, whose work is based on Islamic geometry and mathematical principals. She also creates 3D wall pieces, with patterns created by an algorithm she has created. She is also a hugely respected digital artist, who has produced numerous public commissions. An outdoor commission of hers recently covered London's South Bank Centre, and she is currently the subject of a touring museum show; *'Light Upon Light'* on display at The Atkinson in Stockport.

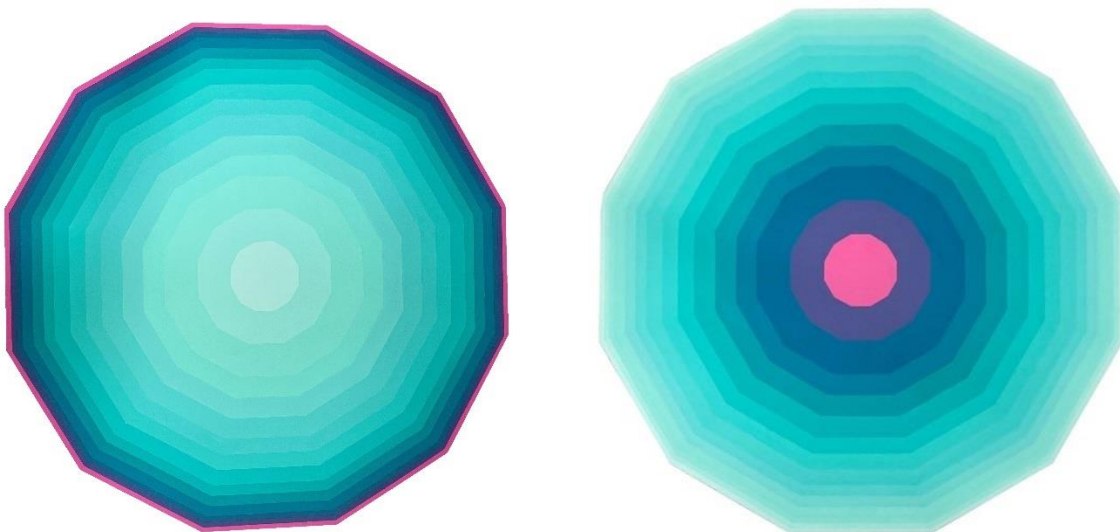
In Autumn 2022 she is participating in an exhibition at the Liang Gallery in Newcastle upon Tyne, and preparation is underway for a mid-career retrospective of her digital work.

“My training was in Islamic art. My work is in the tradition of Islamic geometric design but I’m changing it. I’m using the same spiritual ideas of contemplation, meditation, of repetition of pattern. The paintings are a symbolic interpretation of breathing, the inhale and the exhale.

“I’m drawn to the geometry in Islamic art because I like maths. Researching these works a number that came up a lot was 5.5 seconds, which is the length of the perfect breath. [Hussain created an animation for the PEM exhibition that employed this timeframe]

“I had an operation to correct my breathing... I had to learn how to breathe again. It felt very relevant at the time. In a way, making the breath paintings, sitting at home and having the time to create this body of work was a really nice thing. It really helped actually. To be able to breathe unincumbered and go about your life is quite a privilege. I hope that when people come to visit the exhibition they’ll get a contemplative, meditative, relaxing experience in the gallery.”

Zarah Hussain, 2021



Inhale V, 2022 / Exhale V, 2022

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Regular opening times:

Weekdays: 10am – 5.30pm

Saturday: 12 – 4pm (By appointment)

Sunday: Closed