

Spit & Sweat

05/05 - 23/05/2025

Helena Dietrich, Annick Nölle, Hanne Van Dyck

Spit & Sweat is a somatic descent—a journey through the ruptures and secretions of the body into subterranean sites where grief softens the ground into a fertile space of becoming, and where decomposition becomes compost for the possible. It attends to what the body holds and what it expels: sweat, tears, fat, blood, moans, bones, and breath become agents of knowledge and transformation. The artists descend into shadow realms—personal, mythical, ancestral—and return with altered configurations of self and story. Ropes, gates, altars, melting vessels, and chthonic invocations offer portals into these shifting states trembling beneath the surface.

This exhibition by **Helena Dietrich, Annick Nölle, and Hanne Van Dyck** will be activated through live performances, a reading, and a voice workshop.

Programme



opening Sunday 04.05, 2-6pm

Performances / Reading:

Helena Dietrich, Untitled (A Composition of Moans, Howls, and Cries), 3pm

Hanne Van Dyck, Autobiography of a Volcanic Force, 4pm

Annick Nölle, Hot Compost, Goddess of Tears, 5pm



08.05 & 15.05

Hanne Van Dyck, Autobiography of a Volcanic Force (reading), 7pm



18.05

Helena Dietrich, Dark Matter (voice workshop), 2-5pm

limited places, reserve your spot by e-mail (bruna@nadine.be)

Helena Dietrich

▫ *Untitled (A Composition of Moans, Howls, and Cries)* performance

In this unfolding, each moment expands into its own universe, terrifying in its nakedness. Traveling toward the center of the now—that impossible point where everything meets nothing. An improvisation of scores from her current research *Tuning–Resonant Bodies as Sites of Transformation*.

▫ *The unseen landscapes that animate our existence* paintings

This series of aquarelles contemplates internal processes, organic transformation, and the architecture of becoming—where fluid reorganization, cellular dreams, amniotic reveries and embryonic memories occur in the darkness that precedes form.

Prices : Painting A4 with white frame: 600,-
Painting A3 in slim black glass frame: 700,-
Painting A3 in deep wooden frame: 900,-

▫ *Pillows in collaboration with Felix Fasolt & Azura Janssens*

www.helenadietrich.com

Hanne Van Dyck

▫ *Autobiography of a Volcanic Force* installation & performance

Autobiography of a Volcanic Force is a tribute to Inanna, goddess of love, fertility, and war. It tells a mythic-somatic descent into the crater, where the landscape holds both wounding and healing. Digging through vomit and thundering cries, the text traces a journey of collapse, abjection, and transformation. Speaking from the molten depths of the self, it calls forth repressed powers and follows their volatile emergence toward a powerful rhythmic eruption—destroying, liberating. Wild, wet, and free.

www.hannevandyck.com

Annick Nölle

▫ *Hot Compost, Goddess of Tears* installation & performance

Hot Compost, Goddess of Tears is the third part of the series *Hot Compost*, an ongoing series about grieving. It's an installation activated by a performance during which the Goddess of Tears reveals herself in the 3d dimension.

I got familiar with grieving practices through my work as a facilitator in Nonviolent Communication. Grieving and celebrating is a common practice during gatherings. It's also a communal practice which was new for me. I just knew it as something private. It really struck me as so powerful that I wanted to integrate it in my art practice somehow even though in the performance it's not the real work. It's not grieving itself. It's an image. It's about transformation. Things fall apart and build up again. Tears are the facilitators of that process. Lots of salty water. Salty water to bridge the gap in us between what we wish, imagine or desire and the reality at a given moment. To make space first before looking for the next thing to do. To sit with the dilemma. To acknowledge impact. To digest impact.

During the performance *Goddess of Tears* comes into being to celebrate the transformation, tenderness and space grieving brings.

www.maaler.be