



**PRIVATE VIEW 8TH OCTOBER 3-6PM
OPEN INVITATION UNTIL 13TH OCTOBER**

Woods Quay, (opp) Savoy Street, Victoria Embankment, London
WC2N 6AY

‘THETA’ BY LISA SNOOK

Theta is the new solo exhibition by the award winning artist Lisa Snook, curated by David Cooper. Titled after the rhythmic neural ‘theta waves’ generated during states of deep reverie and meditation, the show takes place in the reserved and intimate space of Woods Quay during the frenzy of Frieze Week.

Lisa Snook sculpts during a liminal state that can only be accessed by deep internal focus. Balancing between the flux of consciousness and unconsciousness, Snook explains these forms *“come from a place of non-matter, to manifest into something both known and not known. References to human and animal forms are recognisable whilst other parts unfold as fluid reincarnations of dreams, bodily landscapes and allegorical forms”*. After achieving an MA in Art Psychotherapy and working with trauma survivors, Snook has developed and deepened this creative process to be both a mode of self-regulation and a primordial expression of subconscious exploration.

These works demand to be felt. Each wrenched mark in the clay scores a moment in the narrative it embodies, urging viewers to respond with gut instinct. A feminine lineage is expressed in the polarity of statuesque beauty and guttural messiness, confronting us with both uncomfortable silences and resonant questions. How can we trust what we think we know? Can we reimagine the world into a shape that mirrors our desires?

Woods Quay is the ideal location for this show. A private mooring space floating on the River Thames; it synergises with the fluidity of the subconscious state of mind, inspiring meditative reflection and feeling. *“The quays’ unique aspect, the way it blends the interior and exterior*

reflects the theme of the pieces perfectly while its position, being both central and yet Zen-like in its feel, invites an air of solitude and calm within which to view the works, enabling an experience of intimacy and delight.”

Lisa Snook is a Suffolk based artist and member of The Royal Society of Sculptors. She trained at Chelsea College of Arts and Goldsmiths College (BA HONS) in the early 1990's. Shortly after graduating, her work was selected for a prominent London exhibition at the Lost In Space gallery and notably reviewed in The Independent on Sunday. It was in these early years that Snook developed a unique and intimate language of emotional intensity through sculptural form.

Since then, her work has been shown nationally and internationally, is held in a number of private collections and has been reviewed in a wide range of publications, including Culture24 who described her work as 'Mature, surreal and haunting.' In 2022 the Financial Times described Snook's practice as, 'weaving philosophical notions of Memento Mori into her work'.

In 2014 Snook trained to become an art psychotherapist and received her Masters in 2018. This has deepened her capacity to implement psychoanalytic theory into her making process and, in recent years, has led her work in the direction of examining the relationship between psychological states of mind and their expression in the human body.

In 2023 her work The Limits of Anguish won the 10.000 euro FBZ art award in Germany. A prestigious award that recognises the interplay between mental health and creative discourse.

David Cooper is an artist and curator. Cooper studied fashion at John Moores University followed by an MA in Fashion Design at Central Saint Martins where he went on to become lead designer and head of menswear at Alexander McQueen. He has recently curated exhibitions such as Gutug, 'Nocomment' and 'As Self As Self As'.



WOODS QUAY
opp SAVOY STREET
VICTORIA EMBANKMENT
LONDON WC2N 6AY

Kate Woods / Design & Development Director

kate@silverfleet.co.uk / T +44 (0) 20 7491 1947 / M +44 (0) 7788 436 458

New address / woodsquay.co.uk The fleet / silverfleet.co.uk