

## MEDIA INFORMATION

### ***Jeppe Hein. Inhale – Hold – Exhale***

Kunstmuseum Thun, 3 March – 29 July 2018

Media briefing in the presence of the artist: Thursday, 1 March 2018, 11 a.m.

**With *Inhale – Hold – Exhale* Kunstmuseum Thun will show the first institutional exhibition of the Danish artist Jeppe Hein in Switzerland, which was developed in close cooperation with the artist. Sometime ago Hein had to rethink his previous way of life and learn to listen to his body again. Conscious breathing became an important element in his everyday life. Now the subject of breath is the focus of the exhibition, which becomes a sensual course through different installations. Hein's works stimulate the active perception of body, mind and soul, seduce people to slow down and motivate them to have their own experiences. Hein transforms the visitors into actors with his interactive works of art and surprises with the unexpected.**

The exhibition *Inhale – Hold – Exhale* shows a large selection of Jeppe Hein's works of recent years, partly in relation to his burnout in 2009. The way back to everyday life brought him new insights about himself and gave him the opportunity to replenish his life with new perspectives and set new priorities. Far Eastern philosophies and practices such as Buddhism, yoga and meditation are important elements in his art. In various ways, the exhibition in the Kunstmuseum Thun takes up the subject of breath and Hein's examination of it. Breath becomes an important element, whether for relaxation, to find balance in the world, to bring oneself back into the here and now or as a tool for his artworks. For example, the watercolours *Breathing Watercolours* (since 2012) and *Frequency Watercolours* (since 2013) emerged in this way, which were guided by his breath or created in its rhythm, delicate glass balls filled with his breath – *Breath* (2018) – or a reflective neon box – *INHALE HOLD EXHALE* (2016), which guides the viewer to consciously breathe. In addition to joyful and humorous works there are serious and thoughtful ones: The series of 2341 watercolours *I am right here right now II* (2011/2015) impressively reflects Hein's soul image and is the result of an intimate, diary-like ritual.

In Hein's oeuvre, the dialogue between the artwork and the viewer plays an important role. He sees his art as a tool for communication and asks people to do something, so that they themselves become part of the work. Here, the opposite of what visitors usually expect in an art museum manifests itself: instead of the usual interdiction of not to touch or to feel anything, they should interact with the work and immediately experience the works of art. For example, in *Light Pavilion I* (2009), the installation encourages you to pedal an exercise bike so that a string of lights "grows" into an illuminated pavilion. The installations in the exhibition form a sensual course. Hein's works refer to the active perception by all senses and are an invitation to amazement, to slow down and also to smile. In this way, for example, in the work *Invisible Labyrinth* (2005), the visitors are guided through a labyrinth over vibrating headsets – a labyrinth without walls.

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Furthermore, personal artworks can be created in the singing bowl workshop. Rhythmic beats bring the bowls into vibration and gradually transfer the colour therein to the paper. In the installation *Breathing Watercolours* (2018), the visitors are asked to paint vertical blue brushstrokes on the museum walls according to the rhythm of their breathing. Over the course of the exhibition, a collection of collective breaths is gradually created, transforming the museum into an impressive chamber of resonance.

Moreover, a red bench designed by Hein, the *Modified Social Bench NY #13* (2015), is positioned in front of the museum, which not only invites you to sit and relax and point to the exhibition, but also by its very own sculptural appearance, encourages and changes the conversation and interaction among the users, viewers and passers-by.

**Jeppe Hein** (\*1974 in Copenhagen, lives and works in Berlin) studied at the Royal Danish Academy of Arts in Copenhagen and at the State Academy of Fine Arts Städelschule in Frankfurt am Main. Hein is known for his experimental and interactive works of art that can be positioned at the interface of art, architecture and technical invention. They are characterised by their formal simplicity and their humorous implementation. Hein's works are in a lively dialogue with the traditions of minimalism and conceptual art of the 1970s. His works often show surprising and fascinating elements that put the viewer in the centre of the action and question his perception. Selected solo exhibitions include: Château La Coste, France (2017); Kistefos-Museet, Jevnaker, Norway (2016); Kunstmuseum Wolfsburg, Germany (2015); Brooklyn Bridge Park New York, Public Art Fund, USA (2015); LiFE-Lieu International des Formes Emergentes, St. Nazaire, France (2014); Bonniers Konsthall, Stockholm and Wanås Konst, Sweden (2013); 21st Century Museum of Contemporary Art, Kanazawa, Japan (2011); IMA - Indianapolis Museum of Art, Indianapolis, USA (2010); ARoS Kunstmuseum, Aarhus, Denmark (2009); Contemporary Art Gallery, Vancouver, Canada (2009); Carré d'Art, Musée d'art contemporain de Nîmes, France (2007); Sculpture Center, New York, USA (2007); The Curve, Barbican Art Centre, London, Great Britain (2007); Centre Georges Pompidou, Paris, France (2005); MOCA, Los Angeles, USA (2005); P.S.1. MOMA, New York, USA (2004).

The question of how to capture breath is investigated with the project *aus+ein* by Sofie Hänni and Mara Schenk, two students of the master degree programme Art Education at the Bern University of the Arts. Different institutions are visited with the "Atemobil" to collect answers to the question from different perspectives. Thereby the creative reactions of the students are documented and collected on a website. The *aus+ein* project thus becomes an exchange platform, a collective pool, discovery space, meeting place and production location.

# KUNSTMUSEUM THUN



## Catalogue

A catalogue (G/E) will be released at the exhibition. It will be published by Kunstmuseum Thun and Hatje Cantz Verlag, Berlin.

Authors include: Jeppe Hein, Helen Hirsch, Marie-Amélie zu Salm-Salm, Oona Horx-Strathern  
Graphic design: Studio Martin Stoecklin, Zürich

## Images

Images are available for download at the website <http://www.kunstmuseumthun.ch/de/medien/>.  
We kindly ask you **to always include the given captions and credits while using the images.**

## Media contact

Kunstmuseum Thun, Geraldine Wullschleger, [medien.kunstmuseum@thun.ch](mailto:medien.kunstmuseum@thun.ch),  
Ph. +41 (0)33 225 82 07

## EVENTS

### Opening day

Friday, 2 March, from 6.30 p.m.

7 p.m., Welcome and introduction: Helen Hirsch, Director Kunstmuseum Thun, and Jeppe Hein  
Afterwards aperitif.

### Opening for children

Friday, 2 March, 6.45–7.45 p.m.

With Olivia Notaro, art mediator

For children from 5 years.

### Talk with Jeppe Hein about his works

Saturday, 3 March, 11 a.m.

Jeppe Hein talks with Helen Hirsch on a tour through the exhibition about his work and the presented works.  
Costs: Entry fee

### Public tours

Wednesday, 11 April, 6.15 p.m., with Helen Hirsch, Director

Sunday, 13 May, 11.15 a.m., with Geraldine Wullschleger, scientific assistant

Sunday, 17 June, 11.15 a.m. with sign language interpreter Janet Fiebelkorn and Geraldine Wullschleger

Wednesday, 4 July, 6.15 p.m., with Helen Hirsch

The tour is included in the entrance fee.

3

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**THUN  
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## **Café drunter & drüber**

Monday, 12 March, 7 p.m.

Monday, 11 June, 7 p.m.

Exhibition visit with subsequent exchange and aperitif for young and old.

An event hosted by «und» das Generationentandem.

Costs: Entry fee

## **UniSONO**

Monday, 19 March, 6 p.m.

Visit to the exhibition and singing songs from all over the world together with Eva Klaus, musician and music therapist.

An event hosted by ProjekteNetzwerkThun. Intercultural encounters.

Costs: Entry fee

## **Language bridge**

Thursday, 22 March, 9 a.m.

Exhibition visit for people with German as a foreign language.

An event hosted by ProjekteNetzwerkThun. Intercultural encounters.

Costs: Entry fee

## **Feldenkrais at noon**

Friday, 6 April, 12.15 a.m.–1 p.m.

Friday, 25 May, 12.15 a.m.–1 p.m.

Friday, 15 June, 12.15 a.m.–1 p.m.

Breath moves! How do we breathe? With Prisca Beuchat, Feldenkrais teacher, at the exhibition.

With registration until two days before the event: [kunstmuseum@thun.ch](mailto:kunstmuseum@thun.ch), T 033 225 84 20

Entry fee + CHF 10.–

## **Mitmischen (Get involved)**

Sunday, 8 April, 3–5 p.m.

Sunday, 27 May, 3–5 p.m.

Sunday, 24 June, 3–5 p.m.

Workshop for adults and adolescents from 15 years. To visit one session or in a series. All about breath. With registration. Further information can be found on the postcard or on the website.

## **The significance of breath as a theme and material in art**

Wednesday, 18 April, 6.15 p.m.

Lecture by Dr. Marie-Amélie zu Salm-Salm, art historian. In German.

Entry fee + CHF 5.–

## **First national reading day**

Wednesday, 23 May, 2, 3 and 4 p.m.

Breath-taking! Reading aloud children's books in the exhibition, Partner: Thun public library.

Costs: Entry fee, free for children.

4

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## **Family Sunday**

Sunday, 9 June, 1.30–6 p.m.

Interactive exhibition visit for all ages. Workshops on breath, fragrance, sound, colours and movement.

Sponsor: Die Mobiliar

Partner: Pro Infirmis

Entry free of cost

## **Jütz with the programme «hin & über»**

Wednesday, 20 June, 7.30 p.m.

The trio Jütz turns the whole alpine folklore upside down with his new album «hin & über».

Tickets: [www.schlosskonzerte-thun.ch](http://www.schlosskonzerte-thun.ch)

## **Holiday pass**

Wednesday, 11 July, 2–5.30 p.m. (with break)

Creative reactions to the subject of breathing can be experienced and made in the "Atemobil".

A project by Sofie Hänni and Mara Schenk, students of the Master's programme Art Education at the University of the Arts in Bern.

Meeting point: Art kitchen

Registration: [www.thunerferienpass.ch](http://www.thunerferienpass.ch)

## **Mobile art education**

We create hot air and hold workshops all about breath! We come to you at the school, to the hostel, to the community centre, or where you are!

Find out about the possibilities on our website.

Partner: Pro Infirmis.

Information and registration: [sara.smidt@thun.ch](mailto:sara.smidt@thun.ch), Ph. +41 (0)33 225 86 10

## **Schools**

### **Introduction for teachers**

Wednesday, 7 March, 5.30–6.30 p.m.

Introduction to the exhibition and presentation of the school offers with Rut Reinhard, art mediator.

### **Visit with art education**

Level-appropriate and creative accompaniment of your school class in 2 lessons.

Workshops in the art kitchen to deepen selected topics of the exhibition

Duration: by appointment

Registration till two weeks before the event: [kunstvermittlung@thun.ch](mailto:kunstvermittlung@thun.ch), Ph. +41 (0)33 225 84 20

Documentation: [www.kunstmuseumthun.ch](http://www.kunstmuseumthun.ch)

Upon registration, schools can visit the museum without any charge before 11 am or on Monday mornings.

# KUNSTMUSEUM THUN



## GENERAL INFORMATION

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Tue–Sun 10 a.m.–5 p.m., Wed 10 a.m.–7 p.m., Mon closed.  
For holidays visit [www.kunstmuseumthun.ch](http://www.kunstmuseumthun.ch)

### Entry:

CHF 10.–/8.–, free for children below 16 years, advance registration needed for groups.

Special guided tours on request, contact via: Ph. +41 (0)33 225 84 20 or [kunstmuseum@thun.ch](mailto:kunstmuseum@thun.ch)

Food and drink: Café Thunerhof, [www.fruitpower.ch](http://www.fruitpower.ch), [info@fruitpower.ch](mailto:info@fruitpower.ch)