



THE EXHIBITION TO CATCH: ALL THE KINGS' HORSES BY LYDIA JANSSEN

Lydia Janssen was a professional dancer in New York City – until injuries derailed her career. So she channelled her energy towards art instead. In her final year at the prestigious Art Students League (whose illustrious alum included Georgia O'Keeffe, Jackson Pollock and Ai Weiwei), she even bagged a Red Dot Award for Excellence in Painting.

Janssen, who moved to Singapore five years ago, has chronicled her emotional and physical journey from dancer to painter in an exhibition. In a reference to the famous nursery rhyme, *All The Kings' Horses* reflects her poignant relationship with her body.

I chose the title because I felt a kinship with Humpty Dumpty.

I had been painting crowns and horses, and their rising and falling, when I made the connection with the nursery rhyme. It was both profound and intriguing when I

realised how much it related to my own journey. [The rhyme] is quite dark; it doesn't suggest that Dumpty is capable of helping himself. But I'd like to believe that I have indeed risen from the ashes, so to speak, and come out victorious and whole – different, of course, but intact.

Dancing and painting complement each other perfectly.

I have always been and will always be both dancer and painter, even if don't dance professionally anymore. Both very different art forms, but similar in that they are non-verbal forms of expression, and express what cannot be said.

Creative block is a cliché.

You work because you have to, whether something extraordinary comes out of it or otherwise. While cultivating my relationship with Humpty Dumpty,

I learned to embrace "falling off the wall" as essential to my growth.

I hope for viewers to be moved by the exhibition, whether positively or negatively.

I want my works to slow them down long enough so they can peel away the layers and find their own story.



January 27-February 25,
REDSEA Gallery, www.redseagallery.com