

Spirit to Matter: Alchemy in the Making

LCB Depot's exhibition & events programme highlights work from different creative practices every month.

This month the focus is on art including 2D, 3D, film and performance with work from our commissioned artist respondents to the open call. Exhibitions and events run from **28th October – 22nd November 2024**

Find out more [@lcbdepot](#) or at lcbdepot.co.uk/event/art2024/



Transformation - Elements Within

Poonam Thanki

Mudras are used in Yoga (for well-being) and Classical Indian Dance (for story telling) with a few overlaps between the two fields. A mudra is known as a sacred mark, seal or gesture; while some mudras involve the entire body, most are performed with the hands and fingers. Poonam has taken up learning more about and practicing mudras out of curiosity and for her own well-being as a holistic approach to well-being. She could visualise the mudras in their purpose and element, which lead her to explore them in her distinct visual voice. In visualising these mudras, it made her think about how we are a part of nature, and connected to nature, and how our answers to well-being are often found in nature and thus the transformational powers they holds.

Artist Bio

Poonam Thanki is a multi disciplinary visual artist whose work is based around nature, nostalgia and South Asian culture. She creates narratives to express her experiences to engage, provoke thought, and instigate conversation around individuality, community, interdependencies, our connection with each other and our environment.