

ART ROUTINE FOR WELL BEING

A Video Art exhibition curated by Rebecca Russo

Spazio Leonardo, as the final event of the 2024 exhibition programme, presents **Art Routine For Well Being**, a Video Art exhibition in collaboration with Fondazione Videinsight® and its founder, contemporary art collector, philanthropist and creator of the Videinsight® Method, Rebecca Russo.

Fondazione Videinsight® promotes the psychophysical well-being of individuals and communities through contemporary art, introducing artworks into social and work contexts. Art has the power to improve the quality of life and stimulate human resources; it is an essential tool for activating processes of personal growth and evolution.

Health is a state of physical, mental, and social well-being. Art is the medicine for the soul: it promotes well-being by generating insight, that is, awareness for the purposes of growth and evolution. Experiencing art in a slow, intimate, and mindful way lowers the level of cortisol, the stress hormone; it reduces anxiety, normalises heart rate and blood pressure, improves brain and cognitive functions, generates beneficial sensations, has a positive impact on emotions, and increases levels of serotonin, the happiness hormone. Art lifts the mood; it is an exercise in empathy and communication. Experiencing Art on a daily basis is a fertile routine, a chance for care, change, improvement in the quality and duration of life, and the guidance of talents and inclinations.

The exhibition at Spazio Leonardo features 25 video works by international artists from the **Videinsight® Collection**, a prestigious collection of artworks with a high psychological impact. As with other exhibitions, this project was chosen because it aligns with the values of Leonardo Assicurazioni Società Benefit. Spazio Leonardo, with its various activities, is the concrete realisation of the philosophy of a company that aims to have a positive impact on society, culture, and the environment, promoting the psychophysical well-being of individuals. Art is one of the areas that the company has been pursuing for years to achieve this goal.

Featured artists:

FILIP DVORAK (*1990 Praga, Repubblica Ceca), DAMIANO FASSO (*1976 Vicenza), MICHAEL FLIRI (*1978 Sud Tirolo), BURCU GÖKÇEK (*1979 Ankara, Turchia), NIKLAS GOLDBACH (*1973 Witten, Germania), VLATKA HORVAT (*1974 Čakovec, Croazia), ALI KAZMA (*1971 Istanbul, Turchia), MARCOS LUTYENS (*1964 Londra), MARZIA MIGLIORA (*1972 Alessandria), SHANA MOULTON (*1976 Oakhurst, California), VLAD NANCA (*1979 Bucarest, Romania), HANS OP DE BEECK (*1969

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Turnhout, Belgio), BEATRICE PEDICONI (*1972 Roma), ALEJANDRO ALMANZA PEREDA (*1977 Città del Messico), AGNIESZKA POLSKA (*1985 Lublino, Polonia), ANNA RAIMONDO (*1981 Napoli), NAUFUZ RAMIREZ FIGUEROA (*1978 Guatemala), MARINELLA SENATORE (* 1977 Cava de' Tirreni), ERDEM TASDELEN (*1985 Ankara, Turchia), TOBIAS ZIELONY (*1973 Wupperta, Germanial), MARY SUE, EULALIA VALLDOSERA (*1963 Barcellona, Spagna), SOPHIE WHETTALL (*1973 Bruxelles, Belgio).

Exhibition:

10 October 2024 – 17 January 2025

Monday to Friday

9:00 AM – 6:00 PM

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