

Sarah Brahim

She Said : It's Always Two Bodies

Friday, April 17th — Saturday, May 30th, 2026



Alongside Christian Bonnefoi's exhibition, the gallery presents in its Project Space a video installation by American-Saudi artist Sarah Brahim (b. 1992), titled "She Said : It's Always Two Bodies".

The work explores the body and our experience of movement through a lens that is at once scientific and spiritual. The installation unfolds as a subtle synthesis of form and function, in which the artist's body becomes both instrument and medium, engaging with matter, moving through it, and at times surrendering to it.





Sarah Brahim

She Said : It's Always Two Bodies, 2023

Video on sculpture

140 × 240 × 6 cm

36' 48"

Courtesy of the artist



The video installation *She Said : It's Always Two Bodies* by Sarah Brahim explores the body and our experience of movement at the intersection of scientific and spiritual dimensions. Through this work, the artist offers a sensitive reflection on the relationship between matter, perception, and transformation. She conceives an installation in which a synthesis between form and function takes place, engaging the materialization of her own body in action : a body that explores, tests, and moves through matter until it ultimately surrenders to it. The soundtrack, composed of crackling and murmurs, accompanies this immersion and invites the viewer to enter a kind of earthly interiority, between the flesh of the world and the traces it retains.

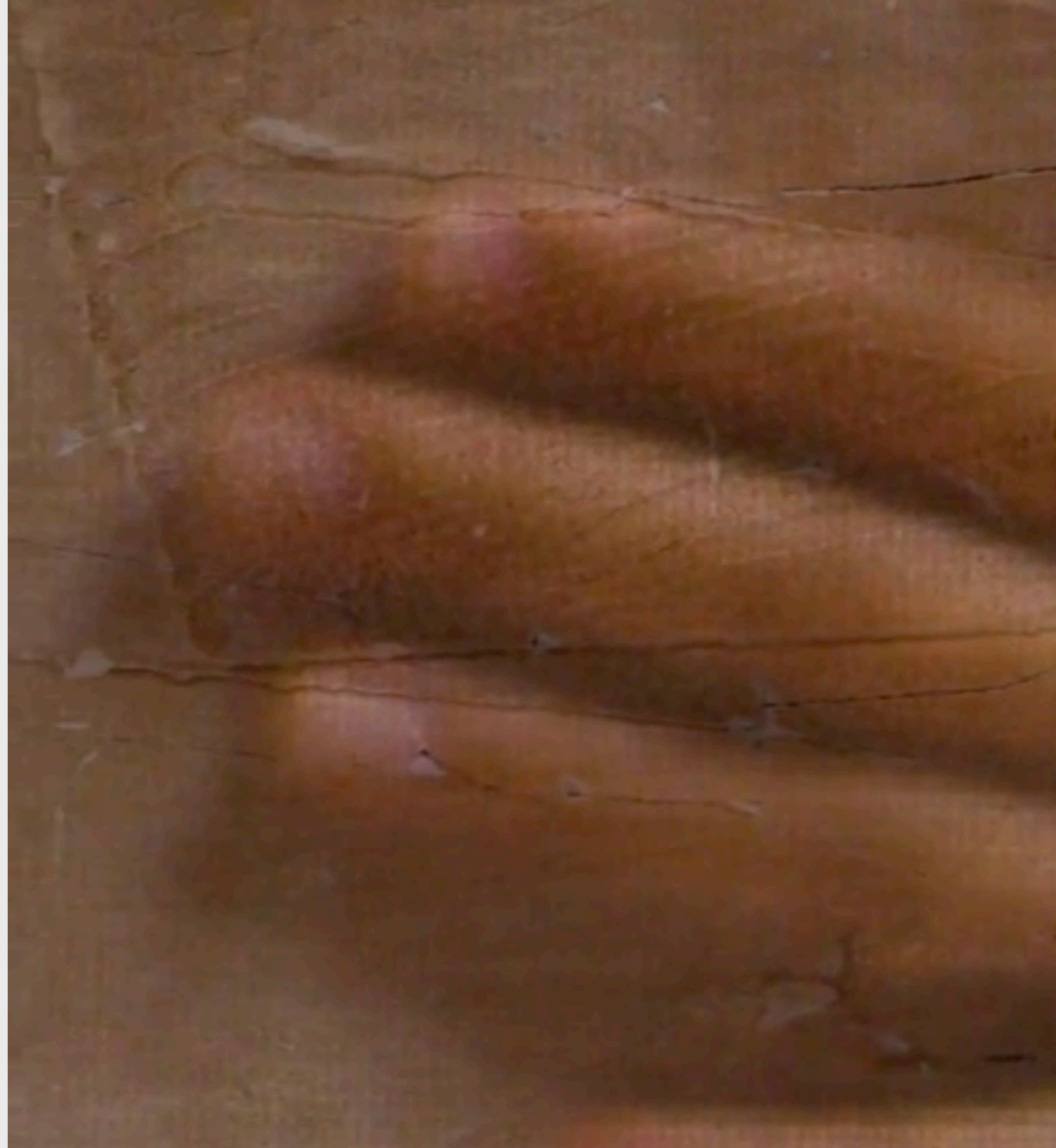
The video is projected onto a canvas coated with clay, creating an experience of ubiquity. The viewer finds themselves both present within the material and facing it. Sound, a central element of the work, becomes the vehicle of an experience in which the visitor – through their body and perception – completes the installation within the space.

Sarah Brahim, « *Sometimes We Are Eternal* », solo exhibition, installation view of *She Said : It's Always Two Bodies* at Villa Heleneum (Bally Foundation), Lugano, Switzerland, October 27, 2023 – April 28, 2024. Courtesy of the artist.

This project is part of a broader inquiry into sound and its emotional resonances, informed by the work of the American composer Pauline Oliveros. In this piece, Sarah Brahim explores how a sonic event can signal a shift, a moment of transformation. Rather than a sudden rupture, the video presents a gentle and gradual transformation, evoking the often delicate capacity to accept change.

The installation thus becomes a metaphor for the human experience in the face of the inevitable transformations of existence, including finitude. *She Said : It's Always Two Bodies* reminds us that, despite trials, both body and being remain in motion, capable of adapting and transforming.

Sarah Brahim, *She Said : It's Always Two Bodies*, 2023, Video on sculpture (still)
Courtesy of the artist



**“MY EARLY PROJECTS OFTEN
FOCUSED ON THE LOSS OF A
LOVED ONE AND THE WAY WE
EXPERIENCE IT PHYSICALLY.”**

Sarah Brahim

Biography





Born in 1992 in Riyadh, Saudi Arabia, Sarah Brahim began her artistic journey by learning to dance at the age of three. She often describes movement as her primary language, a means to articulate feelings without words. Her formal education in dance includes studies at the San Francisco Conservatory of Dance and earning a BFA (Hons) from the London Contemporary Dance School. Brahim further broadened her interdisciplinary approach by pursuing a BS in medical anthropology and public health from Oregon Health and Science University.

Brahim's career has been significantly shaped by residencies at prestigious institutions such as Robert Wilson's Watermill Center in New York in 2023 and the Baroness Nina von Maltzahn Fellowship for the Performing Arts. Her work is often rooted in her personal experiences, notably the profound loss she experienced with the death of her mother, which led her to explore how grief manifests in the body and its enduring presence. This foundational inquiry informs much of her practice, bridging the personal with universal human experiences.

Her artistic output is characterized by its innovative fusion of dance and visual arts. Brahim's explorations often delve into the intricate connections between the inner self and broader universal themes, creating a dialogue between her movement background and her sculptural, photographic, and performative creations. This cross-disciplinary methodology positions her as an artist who navigates complex emotional and intellectual landscapes through a varied and cohesive body of work.

PREVIEW

Thursday, April 16th, 2026
5 p.m. – 9 p.m.
By invitation only

PUBLIC OPENING

Friday, April 17th, 2026
11 a.m. – 8 p.m.

CONTACT

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