

MIND BODY
March 9 – 31, 2019

Petcoke presents *MIND BODY*, which surveys the varied past and paradoxical present of self-care within the context of a fractured biomedical system with work by artists: William Marcellus Armstrong, Jetshri Bhadviya, Zoe Giobouldaki, Gioia Di Girolamo, Bee Gray, Ginny Martin, Molly McIlhargey, Jova Lynne, Cristin Richard, Lorena Cruz Santiago, and Manal Shoukair. For the first exhibition by the itinerate fine art collective, Petcoke works with the pre-existing structure of this historic Southwest Detroit site, the Hotel Yorba, modifying a room with a multimedia installation, informational pamphlets, and entities of questionable therapeutic value. Outside of the white cube (the gallery setting), the exhibition is a detournement (a hijacking) of self-care and transient architectural space. *MIND BODY* considers holistic health on a personal and community level. Where does this health begin and who owns it? The care of oneself is a radical tool, especially when combatting the powers that be; there is a long road ahead for those who are fighting for what should be fundamental human rights. This room of relaxing can be seen as a space of non-commodified respite. The relaxing room is open to the public by appointment and to the residents of the hotel; it is an intervention of de-programming and is a space in which to engage with others and with one's own ethos.

If one engages, however, they will be confronted with the artists' critiques and acts of self-care that go beyond the superficial: Armstrong and Lynne reimagine the commercial break as an ad break for survival in a mediascape that routinely disregards the lives of Black people in America. Bhadviya unironically explores the transcendent quality of meditation in a sound piece installed in the bathroom. Giobouldaki appropriates and aggregates shampoo ads from the early 2000s, making for a mesmerizingly nostalgic collage. Di Girolamo creates an eerie experience of narcissistic affirmations. Gray's pamphlet dissects the commodification of self-care with her by exploring the illusion of control. Martin's looks into ritual and personhood; we watch a placid and silent burial take place. McIlhargey conflates self-care and self-indulgence in a diaristic, third cinema style. Richard's jarring car crash video on repeat with a scrolling text, regards recovering from an accident-induced TBI (traumatic brain injury) which upends typically synonymous notions of healing and relaxation. Cruz Santiago bears witness to her own strategies for survival in an intimate performance where we the viewers become confidantes and witnesses to what it feels like to be othered. Shoukair reclaims a one sacred space with her installation, for personal ritual and performance.

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Programming takes place in the community room of the Hotel Yorba for the month of March (see calendar and website). Events include: donation-based radical therapy with Adrienne Goloda (MSW), radical discussion with John Schoenkopf (U of M Honors DAAS), Marjorie Mitchell of MichUHCAN, and two yoga classes by Kerrie Trahan of Yoganic Flow.