

Esperanza Urdeix. *Look to Learn How to Live*

From 2 October 2018 to 27 January 2019

Press release

The Fundació Joan Miró presents the photography exhibition *Look to Learn How to Live* by Esperanza Urdeix.

It features a selection of thirteen images inspired by intense observation of everyday life and the need to halt its frenetic pace.

***Look to Learn How to Live* will be on display until 27 January 2019 in the space set aside for photography exhibitions in the foyer of the Fundació Joan Miró.**

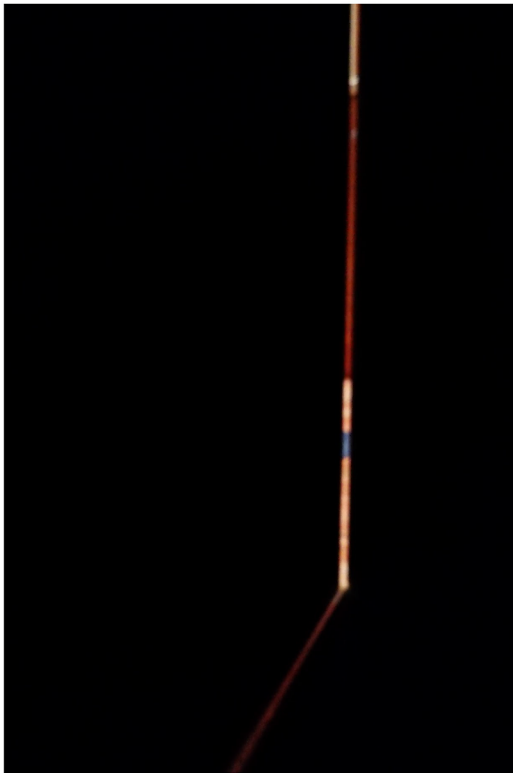
Barcelona, 1 October 2018. Esperanza Urdeix is an amateur photographer who started out as a model, but then she became captivated by the magic of light and moved to the other side of the camera. Urdeix is also a teacher of the Alexander



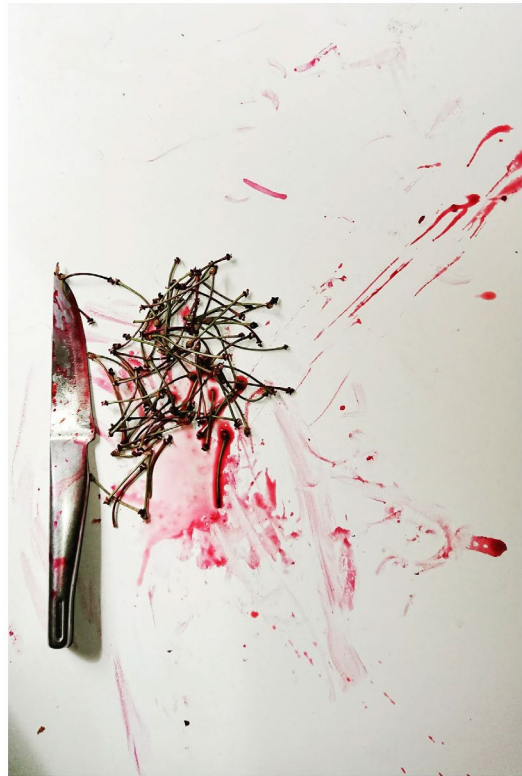
The Curse of Emptiness

Technique, a practical method for re-educating the body that has helped her learn to stop and look around. This technique teaches how to overcome inertia and to focus attention on oneself. Through active observation, awareness is developed, and fluid and dynamic control of the body is gained, leading to overall well-being.

Urdeix has applied this subtle and meticulous observation tool to her photography. Through her photographs she succeeds in putting the frenetic pace of everyday life on pause, inviting the viewer to observe the elements in them without prejudice, as if they were being seen for the first time.



The Prison of Life



Pleasure is Savage

In *Look to Learn How to Live*, the artist translates a recent chapter in her life into images, documenting her convalescence after a crisis sparked by having to leave her home to move outside Barcelona due to the spiralling cost of housing.

Since 2012, the Fundació Joan Miró has organised photography exhibitions in the foyer. Through an agreement with the heirs of Joaquim Gomis and the Catalan Government, the Foundation manages the Gomis Archive, and disseminates and promotes the study of this Catalan photographer's work. To this end, the Foundation organises temporary exhibitions of Gomis' work in this space, alternating with shows featuring the work of other amateur photographers.

Images available at <http://bit.ly/Urdeix>