



Miriam Kongstad

selected works 2017 - 2023

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represented by Wilson Saplana Gallery

www.wilson-saplana.com

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Miriam Kongstad (DK, 1991) is an artist based in Berlin and Copenhagen. Originally educated as a choreographer from Hochschulübergreifendes Zentrum Tanz Berlin (HZT), she subsequently completed an MFA in visual arts from the Sandberg Institute in Amsterdam in 2020.

Materialized as images, performance, sculpture, text, and sound, Kongstad's practice is anchored in explorations of embodiment, identity, and social codes. Through depictions of cultural and political structures, she analyses the interplay between bodies and society. By articulating often ambivalent and complex aspects of life, such as health, sexuality, pain, and desire, the human body is explored as a metaphysical, organic, social, and spiritual entity - an expanded experience of being flesh.

Miriam Kongstad has exhibited and performed internationally, including the National Gallery of Denmark (DK), Glyptoteket (DK), Centre Pompidou (FR), Bergen Kunsthall (NO), Het HEM (NL), Kunsthall Charlottenborg (DK), KØS - Museum of Art in Public Spaces (DK), Kunsthall Aarhus (DK), MMAG Foundation (JO), Fundación Botín (ES), Hamburger Bahnhof (DE), PPL (USA) and Sophiensaele (DE).

In 2022 and 2023, Kongstad's works were acquired by the National Gallery of Denmark, New Carlsberg Foundation, and the Danish Arts Foundation, among others.



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2

Heart Of Steel
 2023
 solo exhibition
 Wilson Saplana Gallery, Copenhagen (DK)
 two paintings of 300 x 180 cm / one painting of 200 x 180 cm / two paintings of 150 x 180 cm / two sculptures of 205 cm and 250 cm

based on the historical portrayal of the female nude as passive and delicate, Heart Of Steel mirrors these languorous nudes - they now appear in the complex roles of porn stars, pin-ups and bodybuilders, caught in the midst of giving birth, pleasuring themselves and urinating while standing

1 installation view
 2 installation view

<https://miriamkongstad.com/heartofsteel.html>

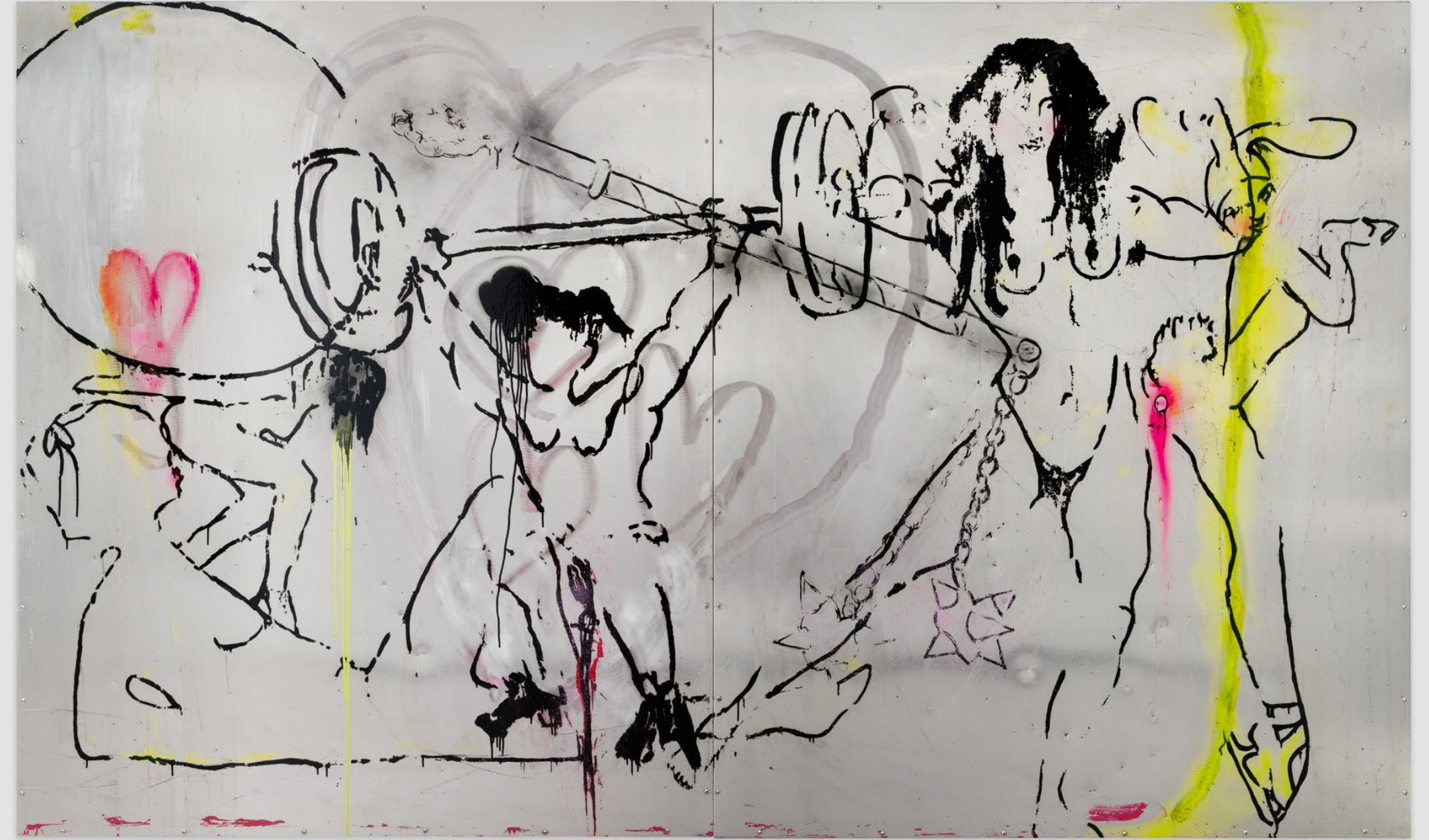
exhibition text: https://miriamkongstad.com/PDF/HeartOfSteel_txt.pdf



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Heart Of Steel
2023
solo exhibition
Wilson Saplana Gallery, Copenhagen (DK)
aluminium, enamel paint, spray paint, varnish, aluminium artist-frames

(continued)

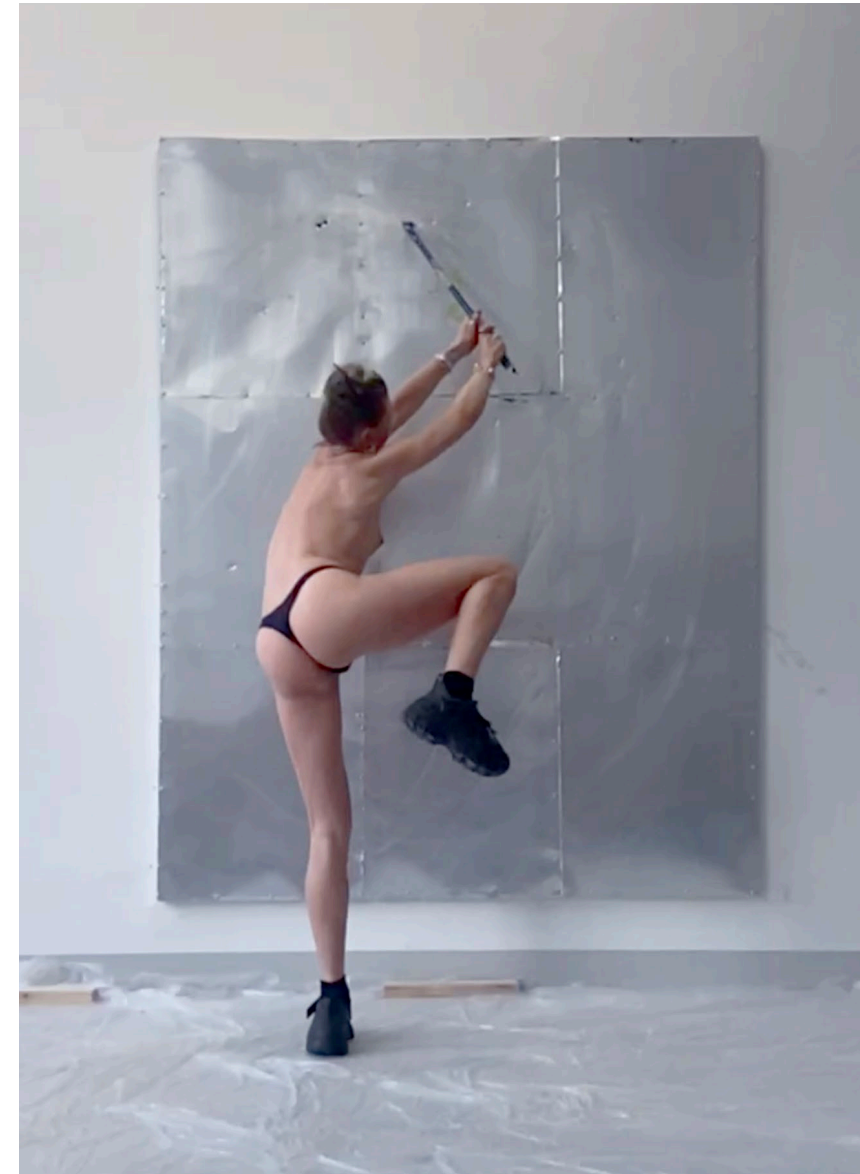
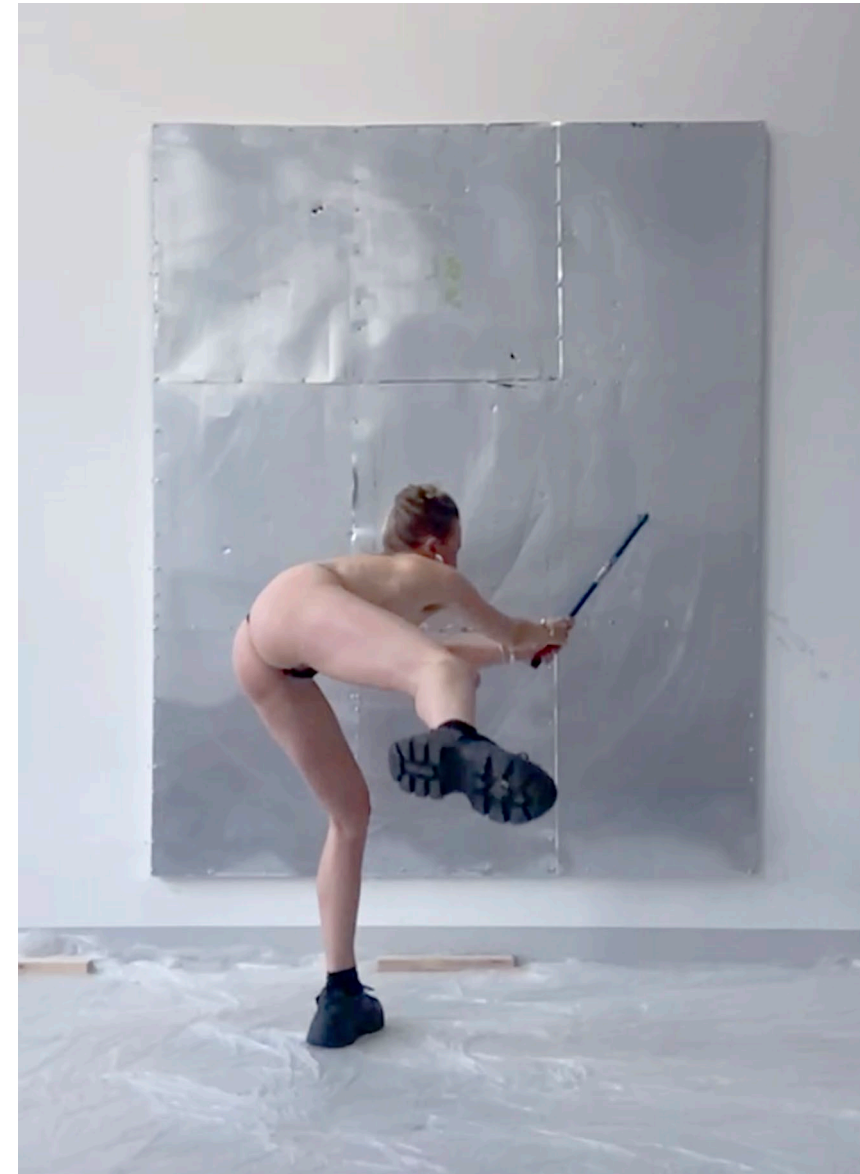
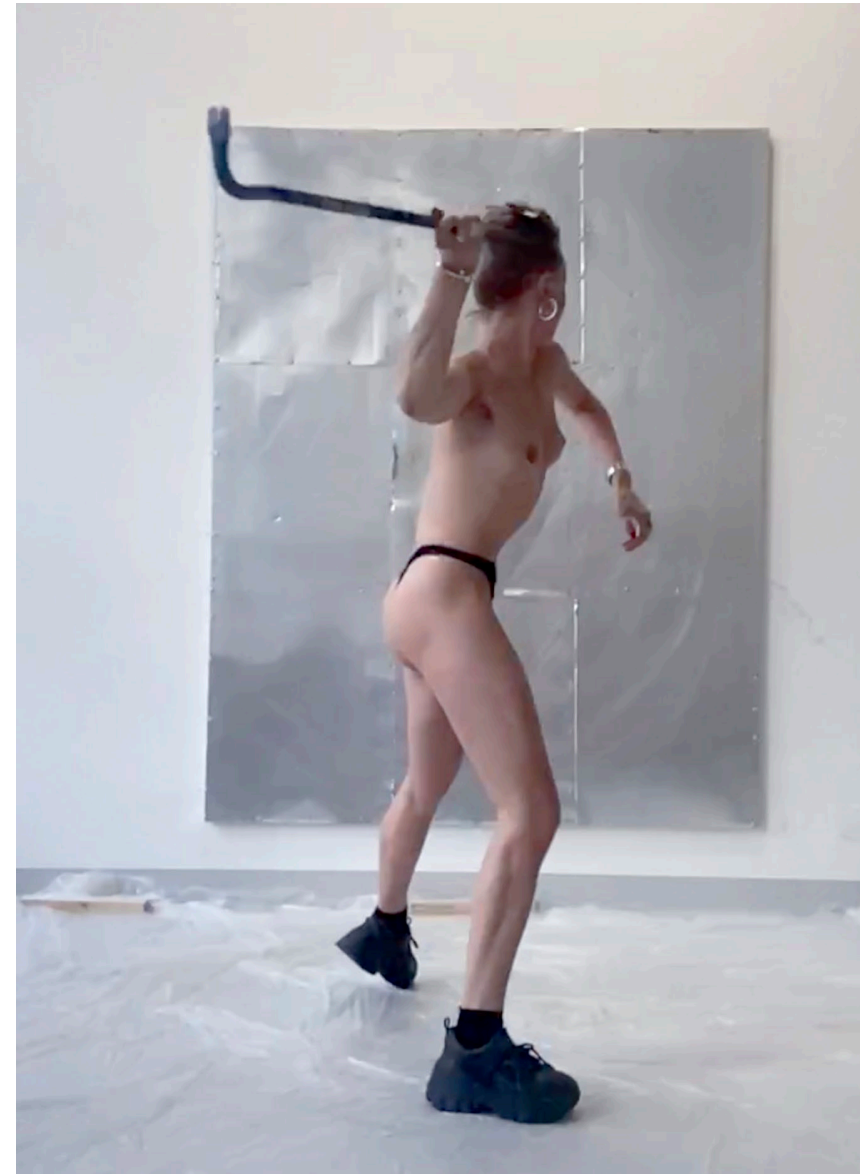


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¹ Heart Of Steel (nude in labour), 300 x 180 cm
² Heart Of Steel (heavy weight), 300 x 180 cm

<https://miriamkongstad.com/heartofsteel.html>

exhibition text: https://miriamkongstad.com/PDF/HeartOfSteel_txt.pdf



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Heart Of Steel
2023
solo exhibition
Wilson Saplana Gallery, Copenhagen (DK)

the paintings in Heart Of Steel are based on choreographic gestures executed as attacks with crowbars, brushes, hammers, drills, paint, and chemicals - traces of the naked body remain visible in the paintings as scratches, punches, and brushstrokes

¹ process documentation

<https://miriamkongstad.com/heartofsteel.html>

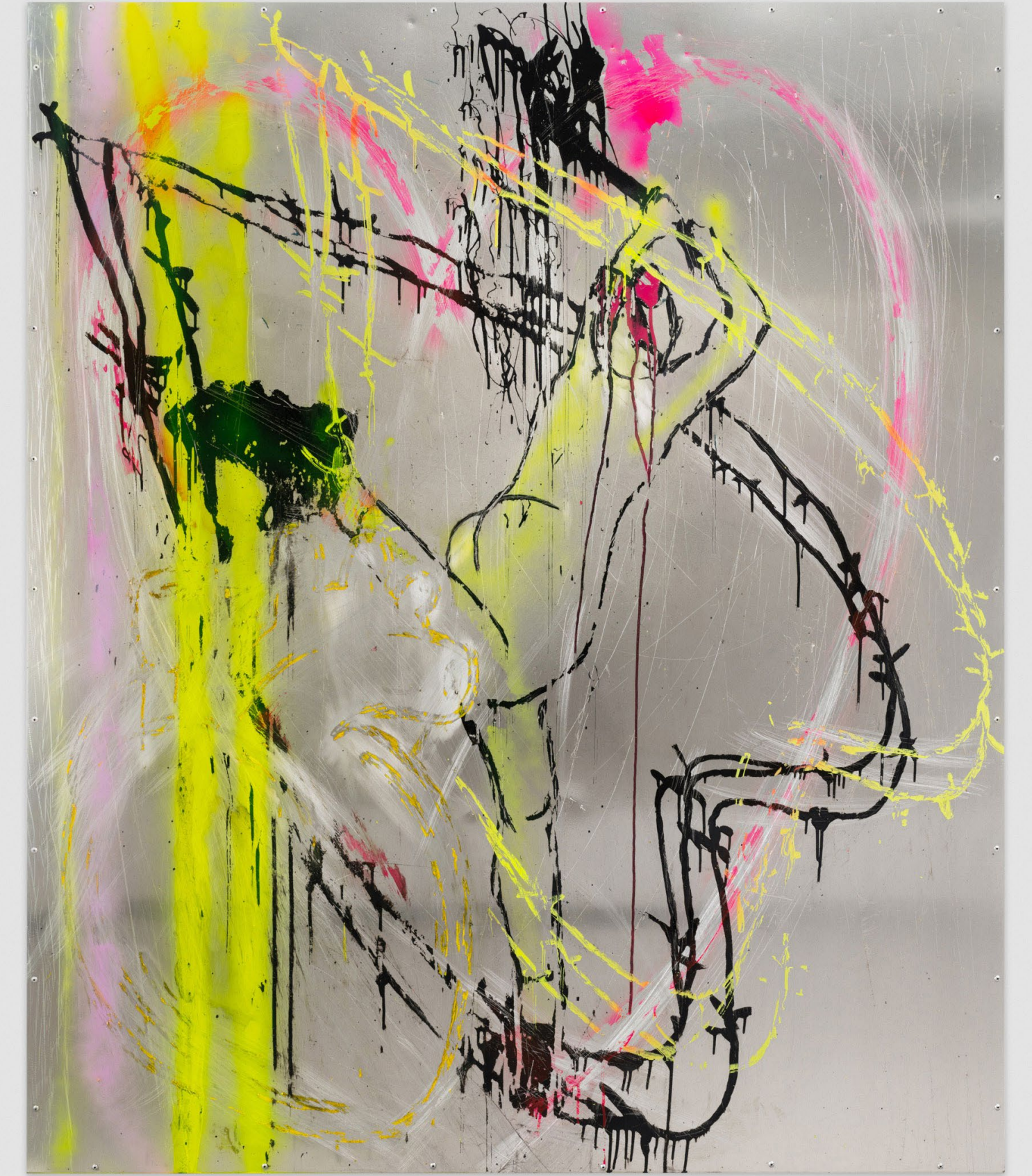
exhibition text: https://miriamkongstad.com/PDF/HeartOfSteel_txt.pdf



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Heart Of Steel
2023
solo exhibition
Wilson Saplana Gallery, Copenhagen (DK)
aluminium, enamel paint, spray paint, varnish, aluminium artist-frames

(continued)

¹ Heart Of Steel (Venus unhinged) 150 x 180 cm
² Heart Of Steel (vertical success) 150 x 180 cm
³ Heart Of Steel (strike) 150 x 180 cm

<https://miriamkongstad.com/heartofsteel.html>

exhibition text: https://miriamkongstad.com/PDF/HeartOfSteel_txt.pdf



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Heart Of Steel (I)
 2023
 approx. 205 cm
 steel, glass heart, chrome, selenite, pyrite, ribbon, industrial components

crystals, glass, and stones are blended with steel hearts and forms resembling armor, weapons, or jewelry. They speak to a dichotomy, in which jewelry are desirable objects of beauty, like the female nude in the history of painting, and weapons are masculine tools of combat and violence



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1 installation view
 2 detail
 3 detail

<https://miriamkongstad.com/heartofsteel.html>

exhibition text: https://miriamkongstad.com/PDF/HeartOfSteel_txt.pdf



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Heart Of Steel (II)
2023
approx. 250 cm
steel, rose quarts, padlocks, industrial components

(continued)

¹ installaton view
² detail
³ installation view

<https://miriamkongstad.com/heartofsteel.html>

exhibition text: https://miriamkongstad.com/PDF/HeartOfSteel_txt.pdf



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Take My Breath Away
2023
Glyptoteket (DK), Julius Koller Society (SK)
performance, 11:00 min
three performers, oboe, saxophone, soundtrack, projected video, text handout

based on the controversial kiss between Madonna and Britney Spears in 2003, the Greek notion of 'catharsis' (purification) is explored through music and choreography

¹ documentation of performance, Glyptoteket (DK)
² documentation of performance, Glyptoteket (DK)
³ documentation of performance, Glyptoteket (DK)

video: <https://miriamkongstad.com/takemybreathaway.html>
text handout: https://miriamkongstad.com/PDF/TakeMyBreathAway_txt.pdf



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Take My Breath Away
2023
Glyptoteket (DK), Julius Koller Society (SK)
performance, 11:00 min
three performers, oboe, saxophone, soundtrack, projected video, text handout

(continued)

¹ documentation of performance, Glyptoteket (DK)
² documentation of performance, Glyptoteket (DK)
³ documentation of performance, Glyptoteket (DK)

video: <https://miriamkongstad.com/takemybreathaway.html>

text handout: https://miriamkongstad.com/PDF/TakeMyBreathAway_txt.pdf



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Free-Fall
2023
Folkemødet (DK), Tropez (DE)
performance, 30:00 min
two performers, spoken text, soundtrack, costumes

through spoken text and choreography, historical and contemporary falls are analyzed and takes us on a journey through stories about clowns, political walls, love, religion, taboos, and domestic violence

¹ documentation of performance, Tropez (DE)
² documentation of performance, Tropez (DE)
³ documentation of performance, Tropez (DE)

video: <https://miriamkongstad.com/free-fall.html>
performance text: <https://miriamkongstad.com/PDF/FreeFall.pdf>



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Geist (The Well)
2022
Dyrhavsbakken (DK), Musikhuset (DK), Kühlhaus (DE)
performance, 35:00 min
two performers, oboe, harp, soundtrack, voices, spotlights, fog machine

the site-specific performance is imagined as an abstract ghost hunt. A harp, an oboe, and swinging microphones act as the protagonists of the piece, guiding us through a sensorial experience based on historical and contemporary games and methods for communicating with the supernatural

¹ documentation of performance
² documentation of performance
³ documentation of performance

video: <https://miriamkongstad.com/geist.html>



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Metanoia/Bunnyland
 2021
 solo exhibition
 Acrway (DK), Julius Koller Society (SK)
 photo transfer on glass, concrete, neon tube, motor oil, playboy key chains

the relationship between sexuality and space is explored through references to Playboy, Disney, modernist architecture and the invention of the X-ray



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¹ INDEX A, approx. 150 x 150 x 150 cm
² INDEX B, approx. 150 x 150 x 150 cm

<https://miriamkongstad.com/metanoia-bunnyland.html>
 exhibition text: <https://miriamkongstad.com/PDF/MetanoiaBunnyland.pdf>



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3

Metanoia/Bunnyland
2021
solo exhibition
Acrway (DK), Julius Koller Society (SK)
photo transfer on glass, spray paint, aluminium

(continued)

¹ INDEX E / INDEX F, 107 x 40 cm

² INDEX C, 67 x 41 cm

³ INDEX D, 62 x 37 cm

<https://miriamkongstad.com/metanoia-bunnyland.html>

exhibition text: <https://miriamkongstad.com/PDF/MetanoiaBunnyland.pdf>



Poison Paradise
2021
Den Frie Udstillingsbygning (the canals of Copenhagen) (DK), Bergen Kunsthall (the fjords of Bergen) (NO)
performance, 20:00 min
three performers, guitarist, costumes, spoken text, voice manipulation, rose fire, smoke cans, female urination devices

from a cruising boat, the audience experiences the performance, which consists of rhyming text and bittersweet anecdotes on contemporary love and desire from a feminine queer perspective

¹ documentation of performance, Copenhagen (DK)

video: <https://miriamkongstad.com/poison-paradise.html>

performance text: <https://miriamkongstad.com/PDF/PoisonParadise.pdf>



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Poison Paradise
2021
Den Frie Udstillingsbygning (the canals of Copenhagen) (DK), Bergen Kunsthall (the fjords of Bergen) (NO)
performance, 20:00 min
three performers, guitarist, costumes, spoken text, voice manipulation, rose fire, smoke cans, female urination devices

(continued)

¹ documentation of performance, Bergen (NO)
² documentation of performance, Bergen (NO)
³ documentation of performance, Bergen (NO)

video: <https://miriamkongstad.com/poison-paradise.html>

performance text: <https://miriamkongstad.com/PDF/PoisonParadise.pdf>



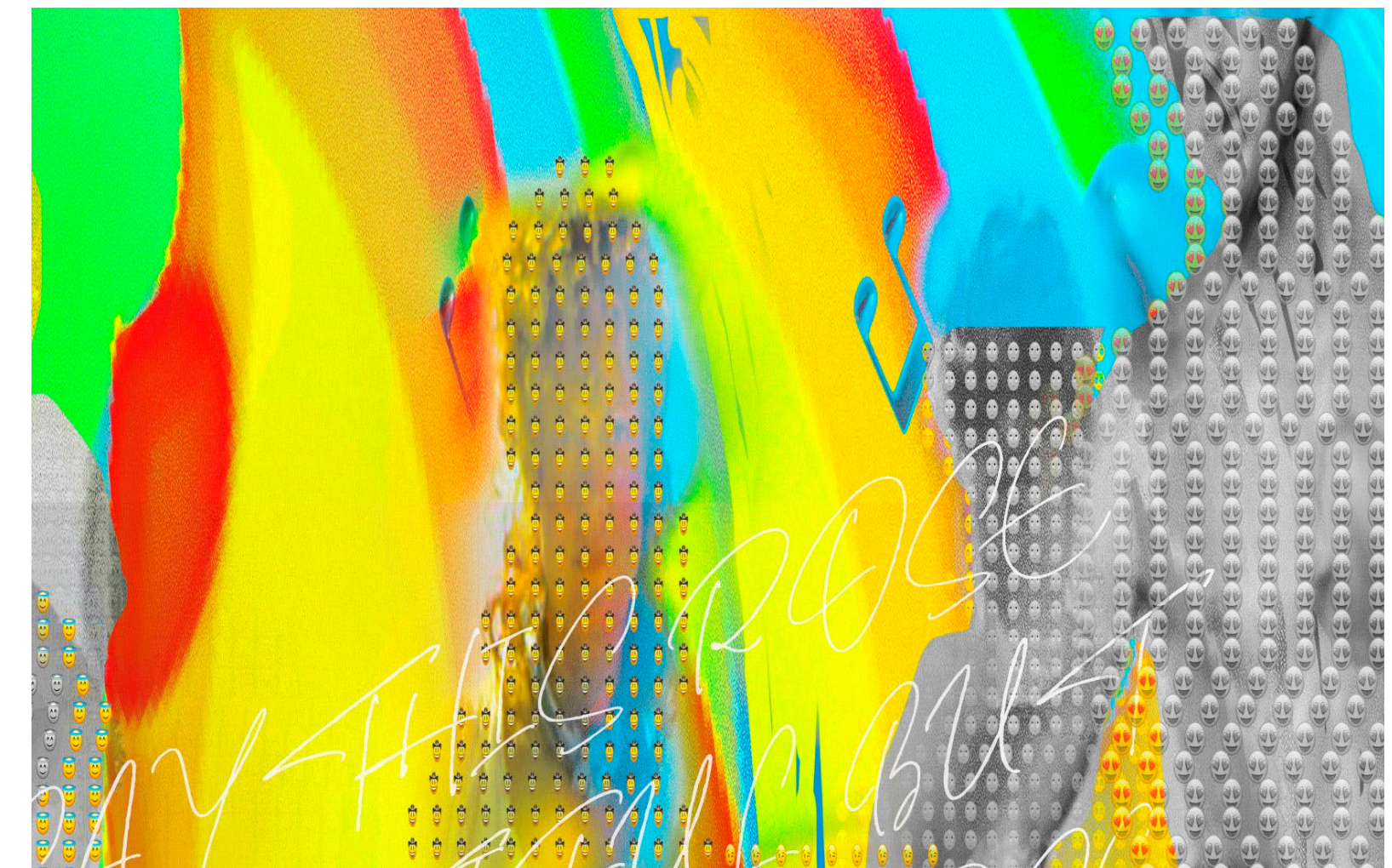
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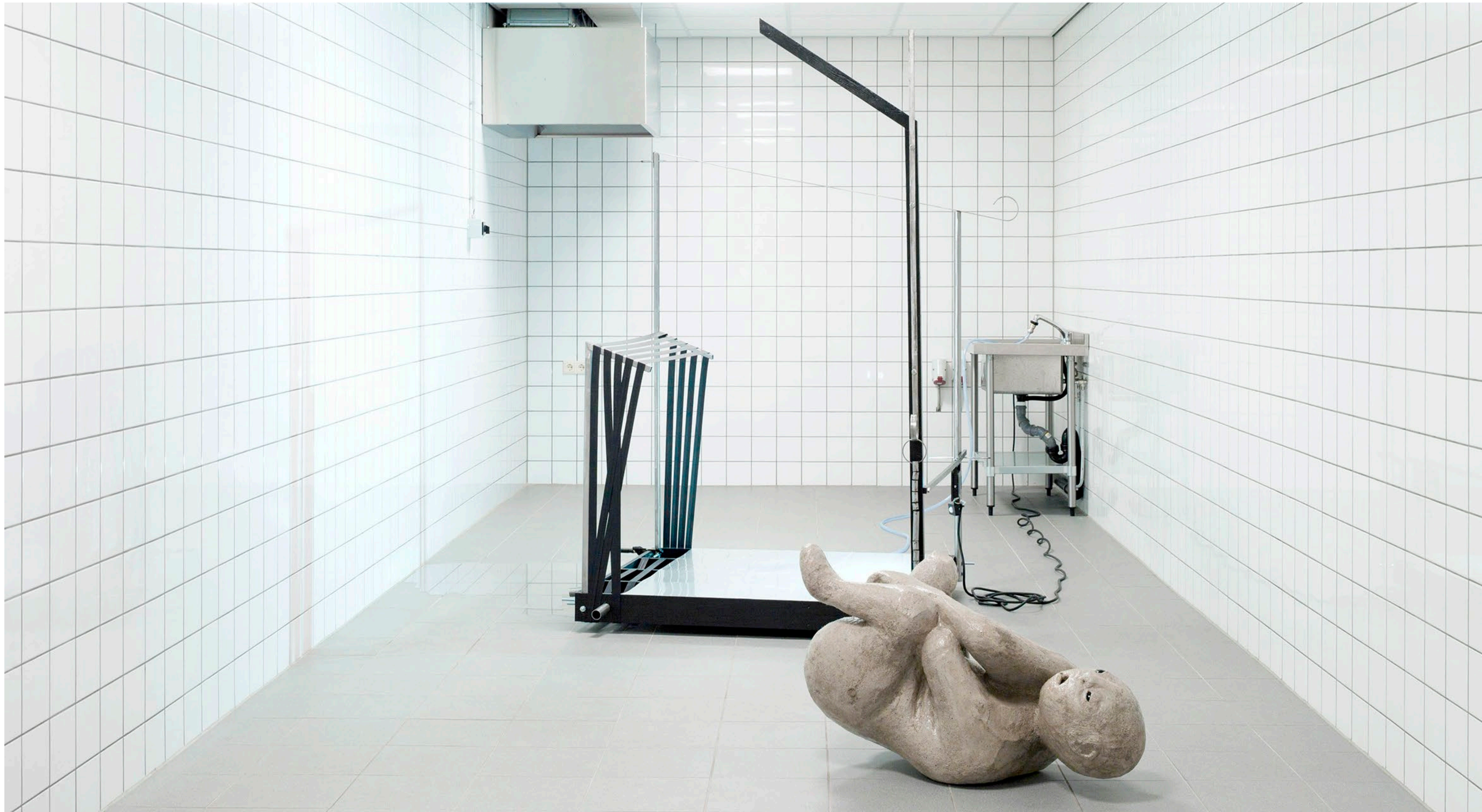
4

We Say This Rose Is Beautiful But When This Rose Is Destroyed This Rose Is Ugly Or This Rose Is Destroyed We Say
 2021
 Kunsthall Charlottenborg, billboards, train- and bus stations (DK), Pier Fortunato Calvi (IT)
 108,5 x 158 cm
 digital collage, inkjet print

through a universe of colors, sex appeal, digital emotionality, and emojis, the billboard piece examines how our body image, self-perception, and collective subconsciousness are influenced in a hyper-visual era

- 1 installation view
- 2 installation view, Charlottenborg (DK)
- 3 detail
- 4 detail

<https://miriamkongstad.com/rose.html>



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The Onset Of Fever
2020
solo exhibition
Het HEM (NL), OK Corral (DK), National Gallery of Denmark (DK)
interactive sculpture, concrete sculpture, sound loop

through an interactive sculpture, a masturbating concrete baby, and a pulsating sound piece, the exhibition explores the complex nature of pain as cynicism, compassion, and intimacy converge

1 installation view

<https://miriamkongstad.com/TheOnsetOfFever.html>
exhibition text: <https://miriamkongstad.com/PDF/TheOnsetOfFever.pdf>



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The Onset Of Fever
 2020
 solo exhibition
 Het HEM (NL), OK Corral (DK), National Gallery of Denmark (DK)
 interactive sculpture, concrete sculpture, sound loop

(continued)

¹ Foetus, 65 x 95 x 59 cm, concrete, glass, steel
² installation view
³ background: Corpus, 126 x 140 x 245 cm, steel, painted wood, aluminum, leather, clamps, plastic hose, water, LED-light, motion sensor

<https://miriamkongstad.com/TheOnsetOfFever.html>
 exhibition text: <https://miriamkongstad.com/PDF/TheOnsetOfFever.pdf>



Soft Values Hard Techniques
2020/2023
Postbank Hochhaus (DE)
five pieces each 28 x 41 x 2 cm
photo transfer and paint on aluminium, aluminum frames

the series is based on found imagery of female sporting referees and musical conductors, combined with graphics on how to restart a human heart. The pieces analyze these gestures of power, which, juxtaposed and layered, become a series of frozen, sensual and aggressive choreographies

¹ installation view

<https://miriamkongstad.com/softvalueshardtechniques.html>



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Soft Values Hard Techniques
2020/2023
Postbank Hochhaus (DE)
five pieces each 28 x 41 x 2 cm
photo transfer and paint on aluminium, aluminum frames

(continued)

¹ side view
² side view
³ side view

<https://miriamkongstad.com/softvalueshardtechniques.html>



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Rapunzel
2020
Haus der Statistik (DE), Tanznacht (DE)
approx. 300 x 100 x 30 cm
steel, blown glass, flourite, chrysocolla stone, human hair, bergamotte oil

based on the condition Rapunzel Syndrome, where individuals eat their hair as a response to anxiety, the sculpture connects holistic approaches to illness with scientific theories about the effects of materials on the body and explores if artworks can potentially transmit healing properties

1 installation view
2 detail
3 detail

<https://miriamkongstad.com/rapunzel.html>

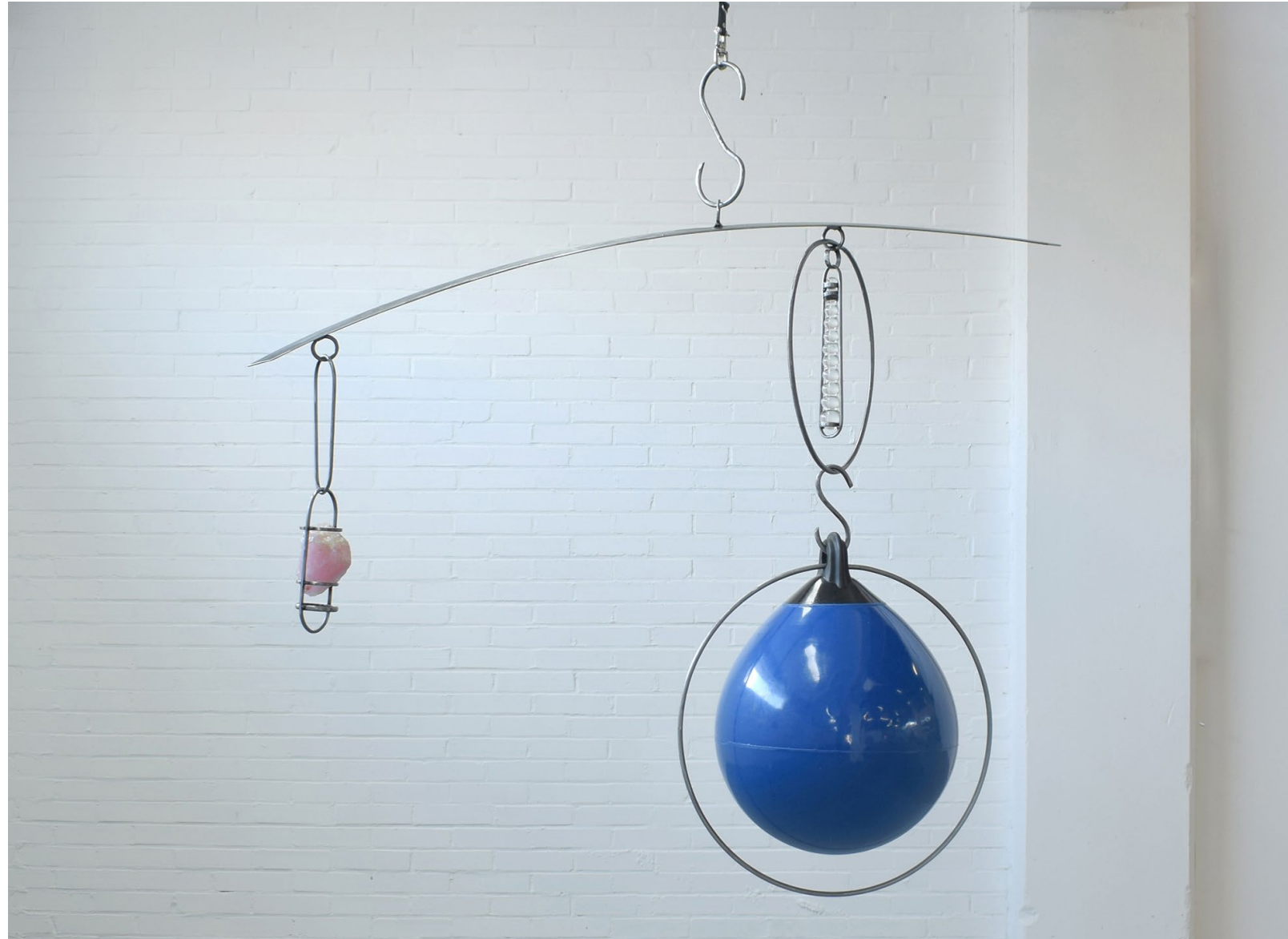


Hookup
2019
ISO (NL), Tanznacht (DE)
140 x 243 x 37 cm
steel, buoy, glass dildo, rose quartz, carnelian stone, leather strap, vertiver oil

governed by gravity, the sculpture is inherently active in seeking balance - exactly like the diseased body attempting to cure itself. Following a similar logic, each material and color scheme of the sculpture is chosen to (re)balance the human body by transmitting vibrations

¹ installation view

<https://miriamkongstad.com/hookup.html>



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Hookup
2019
ISO (NL), Tanznacht (DE)
140 x 243 x 37 cm
steel, buoy, glass dildo, rose quartz, carnelian stone, leather strap, vertiver oil

(continued)

¹ detail
² detail
³ detail

<https://miriamkongstad.com/hookup.html>



Bloom Of Flesh
2019/2023
Kunsthal Aarhus (DK), Rathaus Reinickendorf (DE), Sandberg Institute (NL)
six pieces each 29 X 42 x 2 cm
photo transfer, engravings and paint on aluminium, aluminium frames

each portrait consists of 10-15 merged photographs of individuals with BDD (body dysmorphic disorder), and the pieces hereby become physical manifestations of mental conditions and anxiety

¹ installation view

<https://miriamkongstad.com/bloom-of-flesh.html>



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Bloom Of Flesh
2019/2023
Kunsthall Aarhus (DK), Rathaus Reinickendorf (DE), Sandberg Institute (NL)
six pieces each 29 X 42 x 2 cm
photo transfer, engravings and paint on aluminium, aluminium frames

¹ side view
² side view
³ side view

(continued)

<https://miriamkongstad.com/bloom-of-flesh.html>

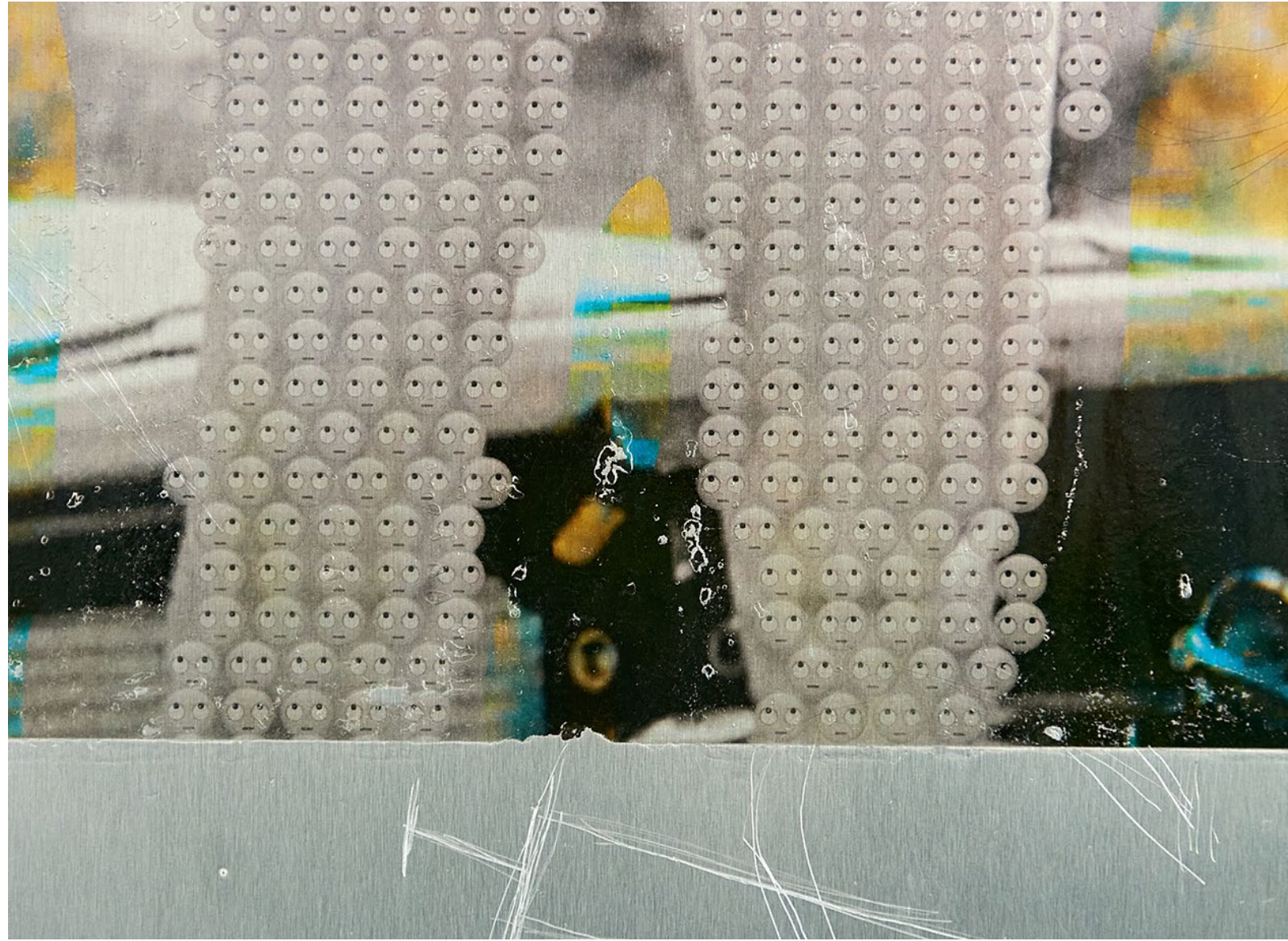


General Anaesthesia
2019/2023
solo exhibition
Delfi (SE), Acud (DE)
three pieces each 80 x 112 cm
photo transfer and engravings on aluminium

the exhibition examines two visual components from our everyday lives, the emoji and the advertisement, as a symptom of political and societal structures molding our self-image and ability to express emotionality. A network of barrel organ players, cowboy aesthetics and pr-strategies

¹ installation view

<https://miriamkongstad.com/general-anaesthesia.html>
exhibition text: <https://miriamkongstad.com/PDF/GeneralAnaesthesia.pdf>



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General Anaesthesia
2019/2023
solo exhibition
Delfi (SE), Acud (DE)
three pieces each 80 x 112 cm
photo transfer and engravings on aluminium

(continued)

¹ detail
² detail
³ detail

<https://miriamkongstad.com/general-anaesthesia.html>

exhibition text: <https://miriamkongstad.com/PDF/GeneralAnaesthesia.pdf>



Scalp
2019
MMAG Foundation / Temple of Hercules (JR)
performance, 30:00 min
six performers, bald wigs, costumes, singing

Scalp examines hair as an indicator of class, gender, race, religion, and sexuality. How does hair impact the way we perceive a person? In order to queer the performer's body expression, they were dressed in bald caps and oversized, skin-colored costumes obscuring the contours of their bodies

¹ documentation of performance

video: <https://miriamkongstad.com/scalp.html>



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Scalp
2019
MMAG Foundation / Temple of Hercules (JR)
performance, 30:00 min
six performers, bald wigs, costumes, singing

(continued)

¹ documentation of performance
² documentation of performance
³ documentation of performance

video: <https://miriamkongstad.com/scalp.html>



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Demian
2018
NeverNeverland (NL), Kunstfort Bij Vijfhuizen (NL), Le Bicolore (FR)
140 x 35 x 35 cm
unfired clay, concrete plinth, chains, gold, human teeth

inspired by the mythological Putto figure, the sculpture depicts creatures caught in erotic acts, both angelic, demonic, and humanlike. Gender dissolves and becomes pure sex - a scenario in which the erotic power of the flesh enables a spiritual disintegration of the body

¹ detail
² installation view
³ detail

<https://miriamkongstad.com/demian-delilah.html>



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Hard Candy
 2018
 Cyprus College of Art (CY), Bikini Space (CH)
 dimensions variable
 concrete, children's jeans, children's nail extensions, navel piercings, iron

cute-core, faceless like mannequins, and inspired by body postures in advertisements of children's jeans, Hard Candy takes up a humorous approach to children's body ideals promoted by the fashion industry

¹ installation view
² detail
³ detail

<https://miriamkongstad.com/hardcandy.html>



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Worker's Choice
2017

Sophiensaele (DE), Alt_Cph (DK), National Gallery of Denmark (DK)

performance, 40:00 min

two performers, jeans, rope, bucket, water, wheeled board, almonds, fake almonds, eyelash extensions, latex gloves, voice, costumes, soundtrack

as individuals, as women, and as Westerners, we put on jeans - a contemporary corset. For several decades the female body has been portrayed as emancipated in favor of advertising jeans. But has she been equally constrained by this material fashion?

¹ documentation of performance, Sophiensaele (DE)

video: <https://miriamkongstad.com/workerschoice.html>

performance text: <https://miriamkongstad.com/PDF/TheSecondSkinsBlue.pdf>



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Worker's Choice
2017

Sophiensaale (DE), Alt_Cph (DK), National Gallery of Denmark (DK)

performance, 40:00 min

two performers, jeans, rope, bucket, water, wheeled board, almonds, fake almonds, eyelash extensions, latex gloves, voice, costumes, soundtrack

(continued)

¹ documentation of performance, Sophiensaale (DE)

² documentation of performance, Sophiensaale (DE)

³ documentation of performance, Sophiensaale (DE)

video: <https://miriamkongstad.com/workerschoice.html>

performance text: <https://miriamkongstad.com/PDF/TheSecondSkinIsBlue.pdf>

download CV via https://miriamkongstad.com/PDF/CV_MiriamKongstad.pdf

press

written

2023 interview by Lotte Løvolm (english) <https://bastard.blog/miriam-kongstad/>

2023 Louise Steiwer 'Ballerina Med Koben' (danish) <https://kunstkritikk.com/ballerina-med-koben/>

2023 Kirsten Ortwed 'Kirsten Ortwed's highlights from the year in art 2023' (english) <https://kunstkritikk.com/7-december-9/>

2023 Mathias Kryger 'Avantgarde eller slikbutik: Så er der dansk porno i Paris' (danish) <https://politiken.dk/kultur/kunst/art9528650/S%C3%A5-er-der-dansk-porno-i-Paris>

2023 New Carlsberg Foundation 'Take My Breath Away' (english) <https://www.ny-carlsbergfondet.dk/en/take-my-breath-away-0>

2023 IDoArt 'Miriam Kongstad: Heart Of Steel' (english) <https://www.idoart.dk/kalender/miriam-kongstad-heart-of-steel>

2022 Jakob Myklebust Huus 'Blunk og du går glipp av det' (norwegian) <https://kunstkritikk.com/blunk-og-du-gar-glipp-av-det/>

2022 Ole Bak Jakobsen 'Kunsten husker angsten i Tønder' (danish) <https://kunsten.nu/journal/kunsten-husker-angsten-i-toender/>

2022 Art Viewer 'Angst at Tønder Art Museum' (english) <https://artviewer.org/angst-at-tonder-art-museum/>

2022 Bodil Skovgaard Nielsen 'På Kunstmuseet i Tønder er følelserne ikke længere til at stole på' (danish) <https://www.information.dk/kultur/anmeldelse/2022/08/paa-kunstmuseet-toender-foelelserne-laengere-stole-paa>

2022 Helge Möller 'Sonderausstellung „Angst“ lässt frösteln' (german) <https://www.nordschleswiger.dk/de/nordschleswig-tondern/sonderausstellung-angst-laesst-froesteln>

2021 Lulu Obermayer 'Another Map to Nevada in 24 Hours' (english) <https://kubaparis.com/archive/another-map-to-nevada>

2021 review by Vital Weekly, 'Miriam Kongstad and Alexander Holm – Chimera/Homeostasis' (english) <https://www.vitalweekly.net/number-1280/>

2021 kunsten.nu 'Miriam Kongstad: The Onset of Fever' (english) <https://kunsten.nu/artguide/calendar/miriam-kongstad-the-onset-of-fever/>

video

2023 interview by Ane Skak (english) <https://www.youtube.com/watch?v=5Q1e3zZF4ok>

2022 interview in connection with 'Kunsthall Charlottenborg Biennale' (english) https://www.youtube.com/watch?v=qBCr_nHh6bk

audio

2023 Art on Air #6 Miriam Kongstad 'Free-Fall' (english) <https://cashmereradio.com/episode/art-on-air-miriam-kongstad-free-fall/>

2022 Cashmere Guest Mixes TenderRippleFlux episode 001 – the triple v reverie - Miriam Kongstad 'Poison Paradise' (english) <https://cashmereradio.com/episode/cashmere-guest-mixes-tenderrippleflux-episode-001-the-triple-v-reverie/>