

DOORWAY

Carmen Ceniga Prado

ara
contemporary

Carmen Ceniga Prado's practice explores her own body and its spectrums through abstraction, particularly the in-between feelings and internal sensations that arise before they are categorized by the body and mind as emotional or physical. Here, abstraction is used to depict the formless and visceral, offering an entry point into an embodied space. Ceniga Prado's past engagement with wood carving reflects an investment in materiality and process. The tactile, labour-intensive nature of carving provided a grounding physicality; however, it also imposed formal constraints when attempting to convey states of flux and indeterminacy. As she delves deeper into her own body, following a diagnosis of chronic pain, painting or mark-making becomes a way to access and express bodily presence and movements. It raises questions such as: What shape does a sigh have? Painting becomes a tool for accessing the liminal space between emotions and physical sensations, embracing their impermanence and transformations.

Doorway carries the sensitivity to the nuances of the body, and the inward process of attuning to its shifting sensations. These notions about the body emerged more fully after Ceniga Prado's relocation to Southeast Asia. She employs a limited palette, tonally expanded through the use of transparency. The interplay between opacity and translucence suggests shadow and light more than colour itself, ultimately creating space and depth. The gradual tonal shifts evoke a sense of change and emphasize the subtle movements between shades. In this way, the rhythm and vitality of her marks are brought to the forefront. In her new body of works, Ceniga Prado also stitches together pieces of canvas fragments, a technique that resembles piecing together fragments of understanding until a full image is seen. This process mirrors the ongoing journey of learning about our ever-changing internal bodies. In tracing the body's quiet rhythms, her paintings gesture toward a language beyond words, one that unfolds by looking into the spaces in between.

ABOUT THE ARTIST

Carmen Ceniga Prado uses her work as a medium to reconnect with the internal body and its cycles of subtle shape-shifting. Through abstract painting and carved wooden sculptures, her works grapple with the invisible but potent pulses of vitality that move through and around us. Using the body as a starting point, the pieces reflect the range of emotional states or embodied sensations, such as darkness, clarity, anxiety, and the moments in between.

Recent solo presentations include *Rite of Passage* at Sullivan+Strumpf, Singapore (2024); and *Emergence* at Nouri, Singapore (2023). Ceniga Prado has participated in international group exhibitions such as *We Begin with Everything* at ara contemporary, Jakarta, Indonesia (2025); *Unbearable Lightness* at ROH Projects, Jakarta, Indonesia (2023); *Rationale for Fables*, Institute of Contemporary Arts, Singapore (2023); *New Makers* at Atta Gallery, Bangkok, Thailand (2023); *Entre Aguas* at Aldama Fabre Gallery, Bilbao, Spain (2022); and *At Dusk, We Tread the Earth* at starch, Singapore (2022).



Submerged, 2025
ink and acrylic paint on sewn canvas
200 x 150 cm



Seeking Stillness, 2025
ink and acrylic paint on canvas
180 x 118 cm





Into the Void, 2025
ink and acrylic paint on sewn canvas
180 x 118 cm



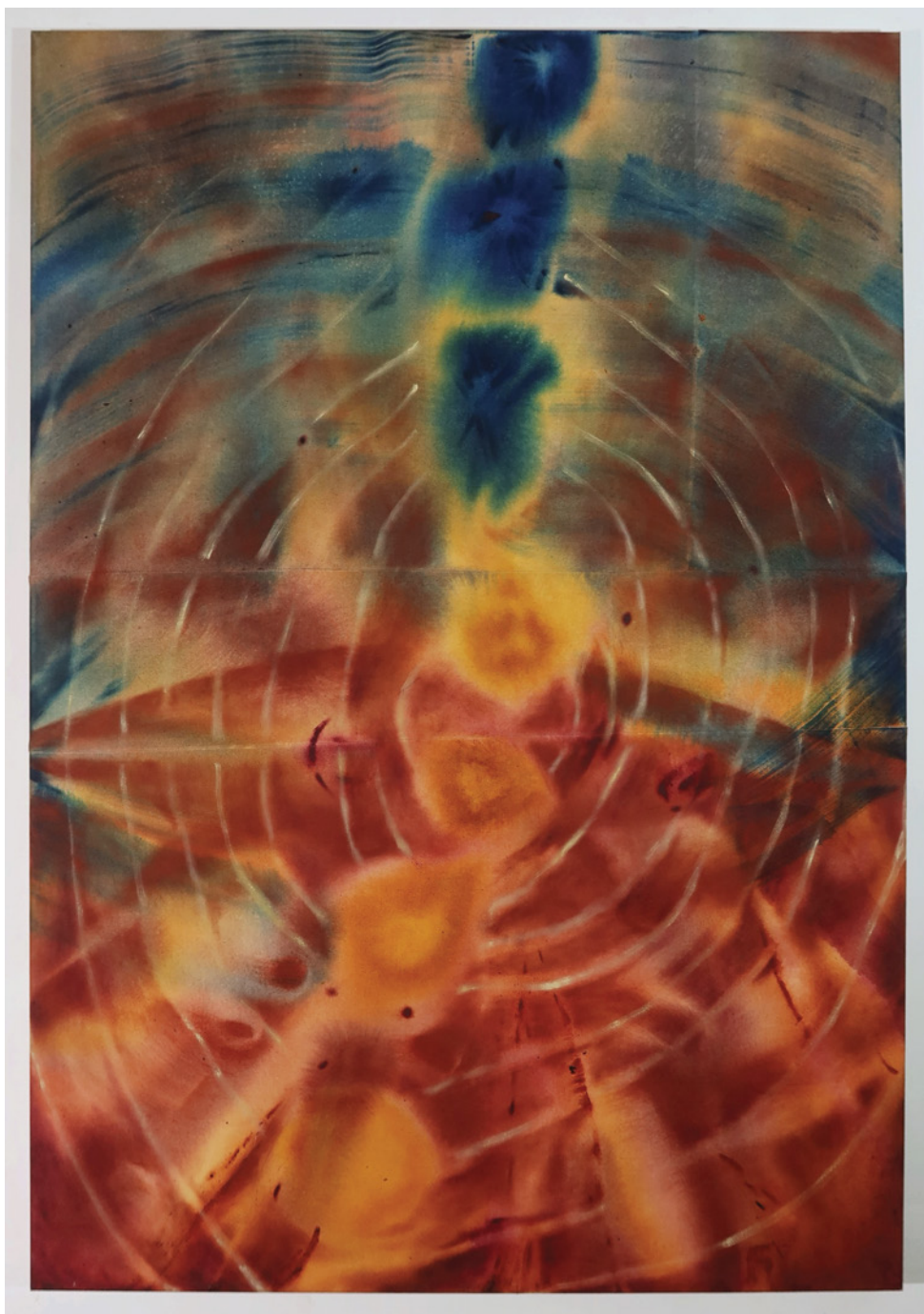
Guardian Angel, 2025
ink and acrylic paint on sewn canvas
200 x 150 cm



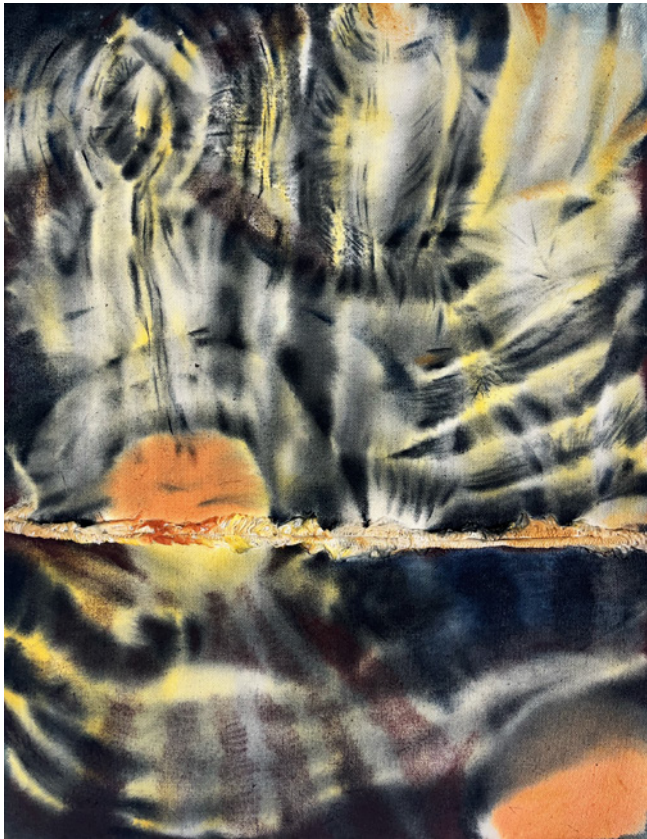
Conversation with a Rock, 2025
ink and acrylic paint on sewn canvas
162 x 112 cm



In Symbiosis, 2025
ink and acrylic paint on sewn canvas
92 x 142 cm overall (2 panels)



Sweet Surrender, 2025
ink and acrylic paint on sewn canvas
162 x 112 cm



(left)
Rise and Fall of Light and Shadow, 2025
 ink and acrylic paint on sewn canvas
 41 x 33 cm



(right)
Sprouting Egg, 2025
 ink and acrylic paint on sewn canvas
 41 x 33 cm



Doorway #1, 2025
ink on paper
80 x 60 cm (unframed)



Doorway #2, 2025
ink on paper
80 x 60 cm (unframed)

CV

Carmen Ceniga Prado
b. 1995, Spain
Lives and works in Singapore

EDUCATION

2022 - 2023 MA, LASALLE College of the Arts, Singapore
2016 - 2018 BA, Wimbledon College of Arts, University of the Arts London, UK
2014 - 2016 BA, Pratt Institute, Brooklyn, USA

SELECTED SOLO EXHIBITIONS

2024 *Rite of Passage*, Sullivan+Strumpf Studio, Singapore
2023 *Emergence*, Nouri, Singapore
2022 *Entre Aguas*, Aldama Fabre Gallery, Bilbao, Spain
2021 *Structures from Silence*, ISLANDS, Singapore
2021 *Beneath the Surface*, Telok Ayer Arts Club

SELECTED GROUP EXHIBITIONS

2025 *We Begin with Everything*, ara contemporary, Jakarta, Indonesia
2024 *Unbearable Lightness*, ROH Projects, Jakarta, Indonesia
Understanding Motion, El Castillete, Madrid, Spain
2023 WITHIN, El Castillete, Madrid, Spain
Abstract: Expressions, Interpretations and Connections, Atta Gallery, Bangkok, Thailand
LASALLE SHOW, LASALLE College of the Arts, Singapore
New Makers, Atta Gallery, Bangkok, Thailand
2022 *Emergency*, Tropical Lab 2022, LASALLE College of the Arts, Singapore
At Dusk, We Tread the Earth, Starch, Singapore
2021 *Arte Non-nahi*, Bilbao, Spain
2020 *Flecha*, Feria de arte contemporaneo, Artea, Leioa, Spain
2019 *Nature Brut.*, Villa Kampschulte, Essen, Germany
Flecha, Feria de arte contemporaneo, Artea, Leioa, Spain
2018 Degree Show, Wimbledon College of Arts, London, UK
Brutally Suave, Le Palais, Wimbledon, London, UK
Interim Show, Wimbledon College of Arts, London, UK



Jalan Tulodong Bawah I no 16, Kelurahan Senayan
Jakarta Selatan 12190
Jakarta, Indonesia

Tuesday - Saturday
11am to 7pm

info@aracontemporary.id
[@aracontemporary](#)