

RITUALS OF ESCAPE

逃亡仪式

Where repetition becomes resistance

周婧

英国格拉斯哥美术学院

当代艺术家

服装与纺织品设计师

ZJ STUDIO 主理人

中外文化艺术交流协会

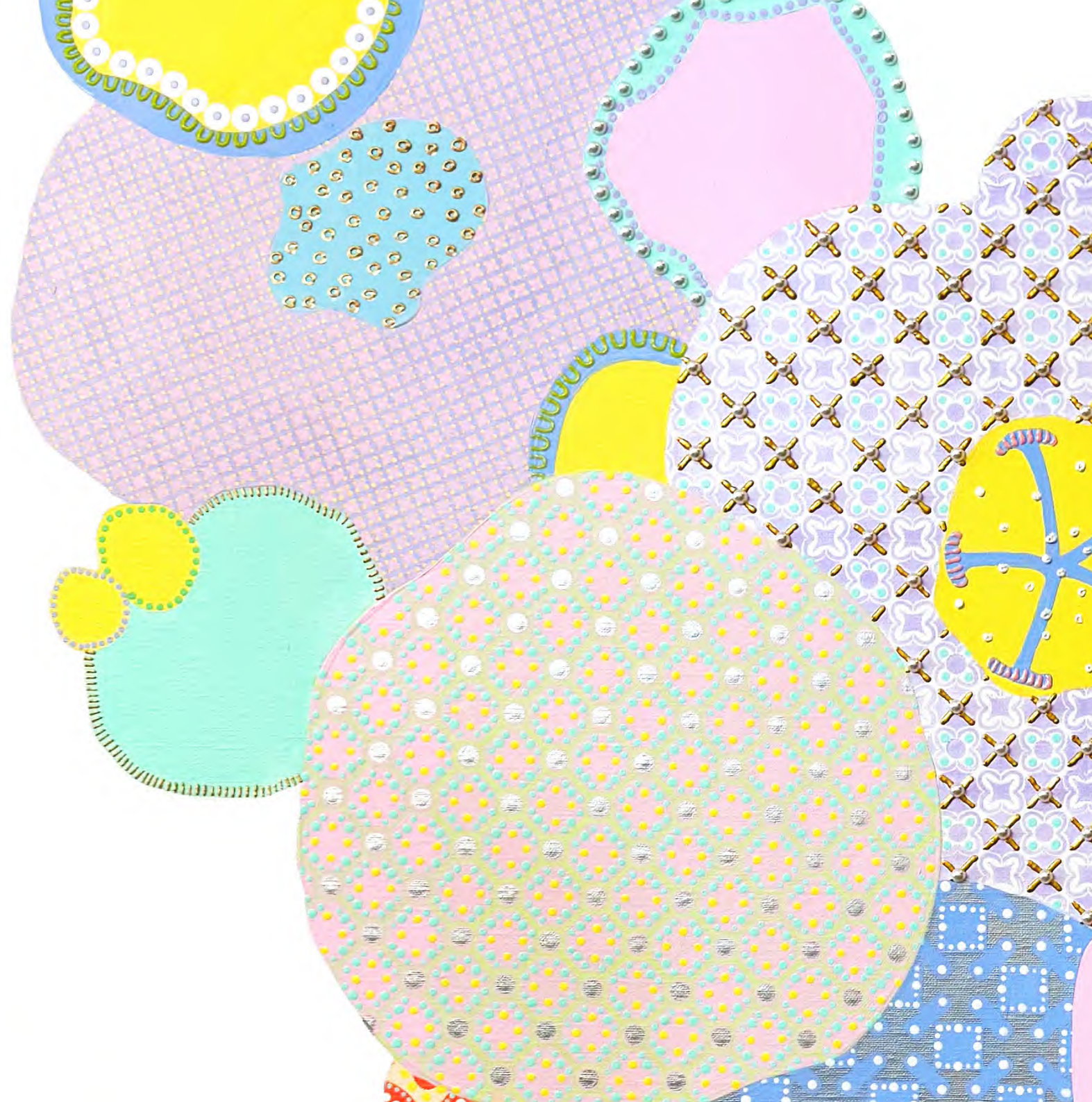
青年艺术家协会

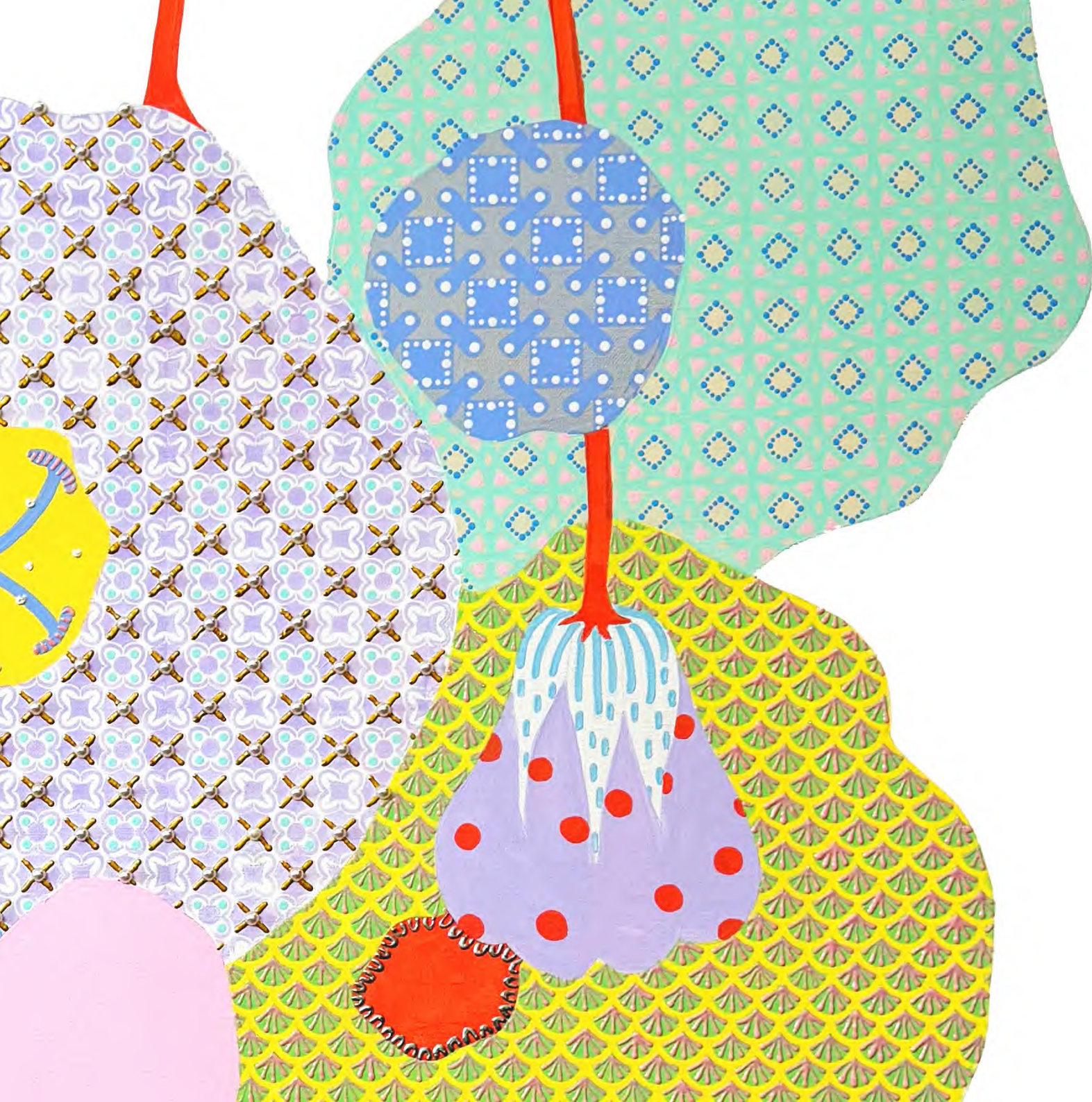








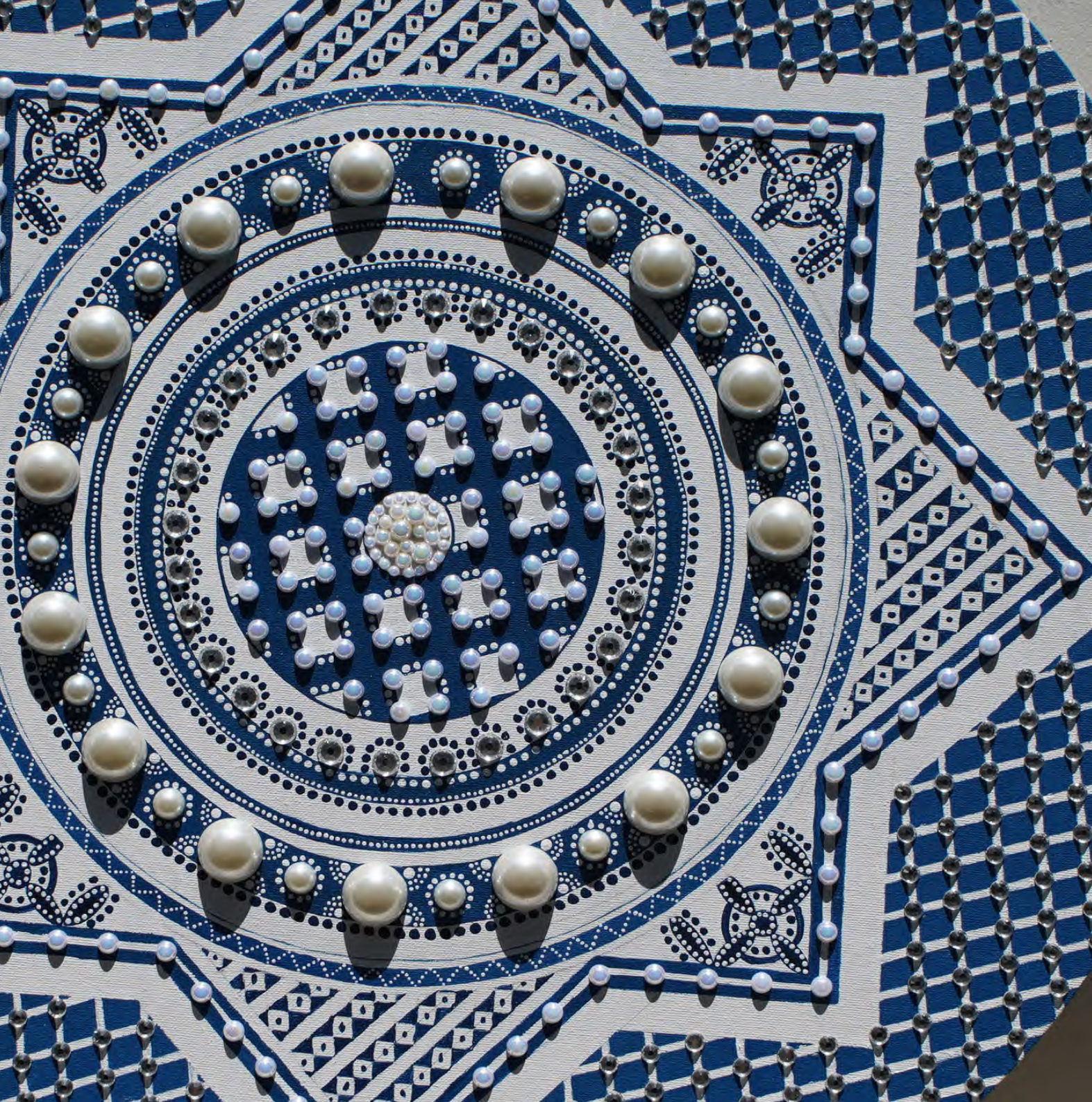


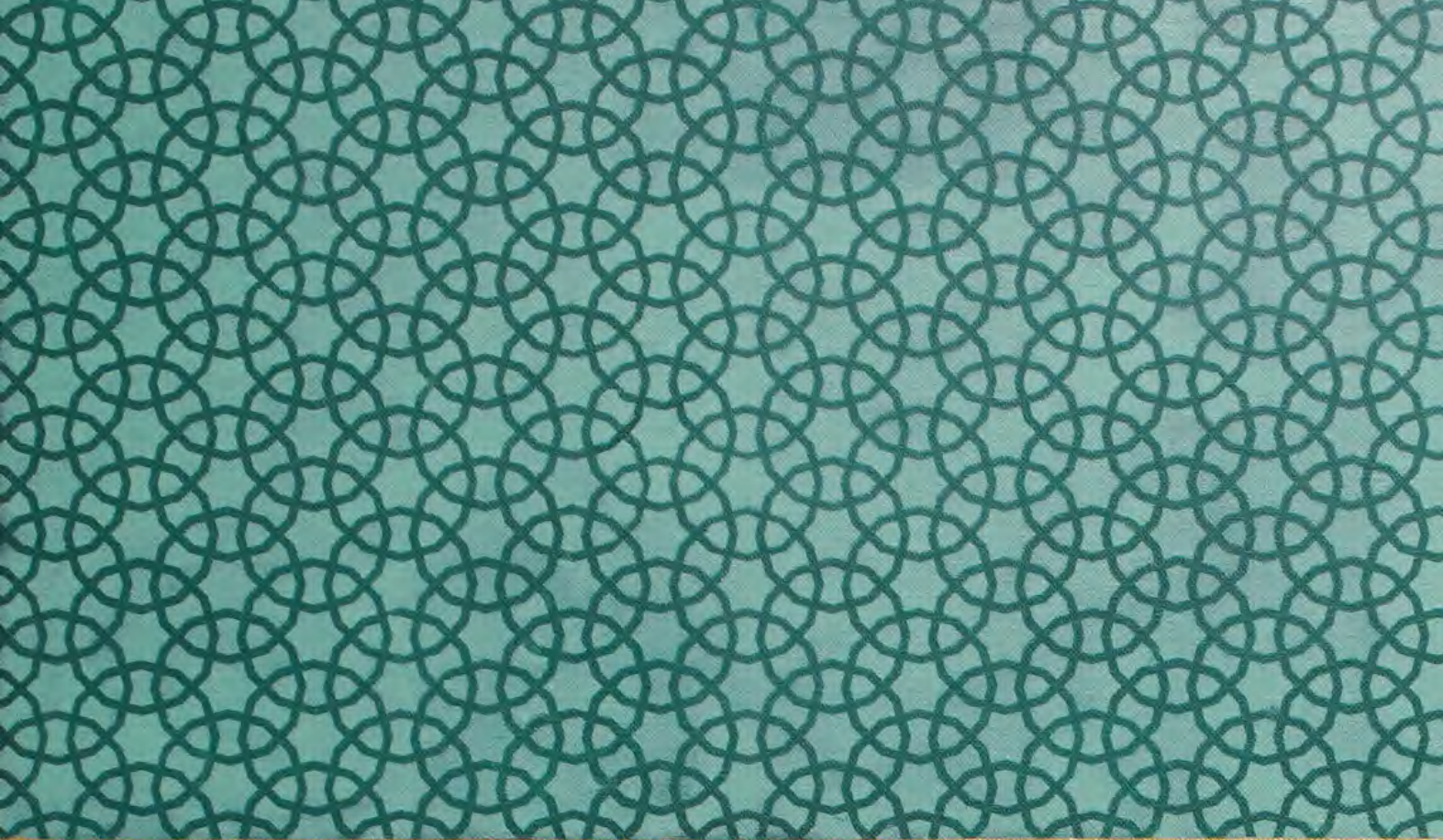


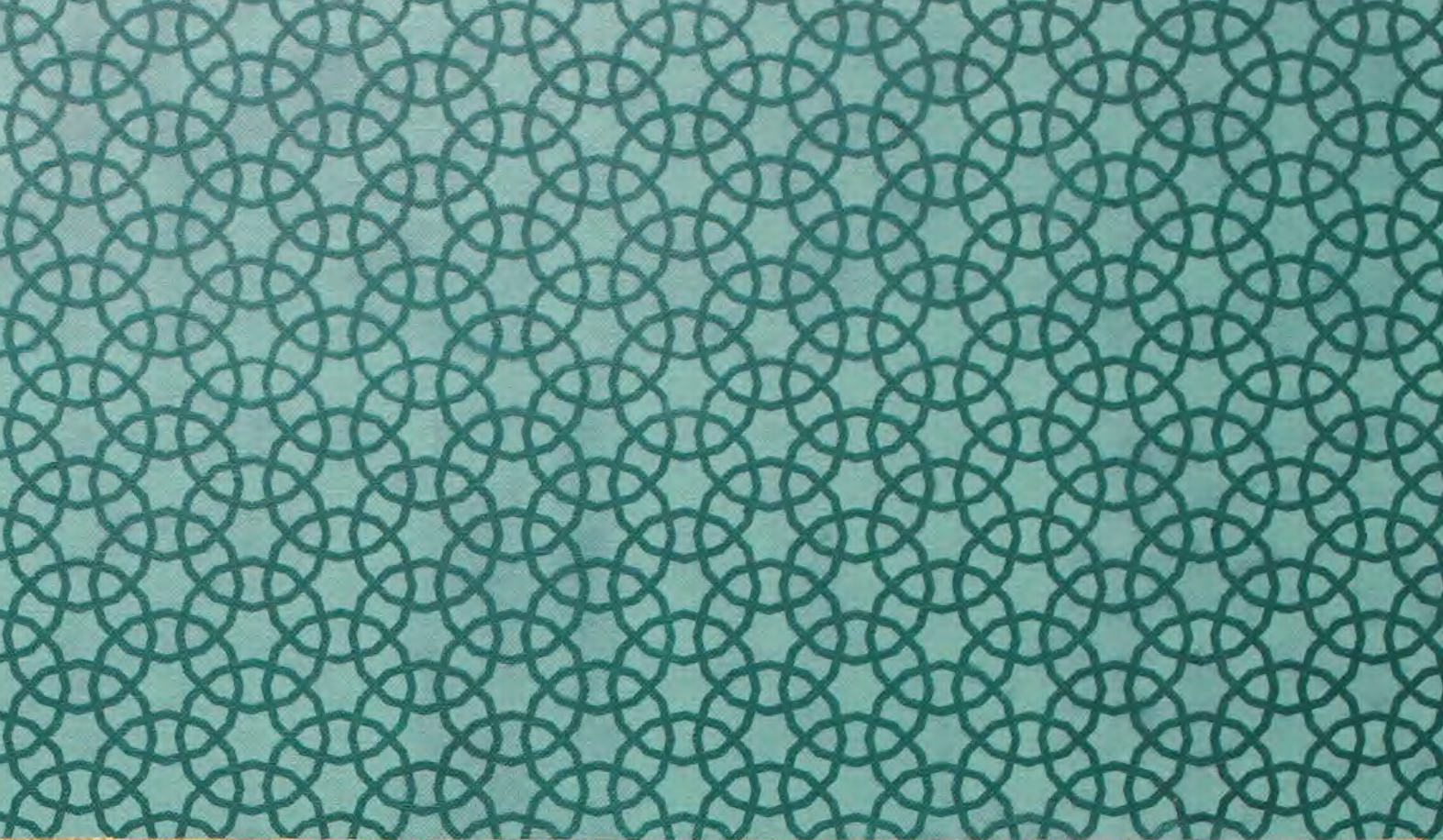












逃亡仪式

周婧：当重复变成了阻力

我们日复一日重复着同样的轨迹：闹钟、截止日期、通勤、以及那股无形的、要求我们不断表现的压力。久而久之，本应赋予我们目标的框架，却开始剥夺我们的目标感。“进步”的承诺，渐渐沦为生存的单调循环。

周婧对这种节奏再熟悉不过。多年来，她身处的体系始终要求速度、精准，以及对自我的压抑。她走上艺术之路并非某个戏剧性的转折点，而更像一场渐进式的舒展。起初只是对疲惫的本能回应，后来逐渐演变成一种持久

的耐力练习与自我修复。她抛开了截止日期，找到了新的节奏；在静默中，重新寻回了意义。

本作品集便是这场转变的成果。每一件作品都是一次无声的拒绝：几何形态在边界中生长；色彩在长久的克制后缓缓浮现；表层由手工打造，经过反复丈量，每一步都深思熟虑。看似极简的画面，实则承载着饱满的情绪；看似重复的笔触，其实是对节奏的重新掌控——这是一种自主选择的日常。

周的创作受多种影响，但都处理得极为含蓄。佛教曼陀罗中冥想式的对称，为作品提供了结构基础；草间弥生对图案的沉浸式运用，在她的创作过程中有所呼应，只是周的基调更偏向内省。她曾从事设计的经历，体现在对构图的精准把控中，然而作品却摒弃了表面的光鲜，转而扎根于质感、从容与情感之中。

对周而言，艺术成了对抗“被他人需求塑造的生活”所带来的缓慢侵蚀的生存方式。它所提供的并非奇幻意义

上的逃离，而是作为治愈手段的“逃逸”。这些作品不喧嚣，它们为我们留出空间，邀请我们直面重负。而在这份静默之中，它们给予了我们别的东西：呼吸、关怀，以及无声的希望。

这场展览不是抗议，也不是退缩，而是一场重新掌控。这些是耐力的仪式，是用柔软进行的反抗，是经时间慢慢雕琢而成的解放。

Rituals of Escape

Where repetition becomes resistance.

We move through the same motions each day. Alarms. Deadlines. Commutes. The quiet pressure to perform. Over time, the structure meant to give us purpose begins to strip it away. The promise of progress flattens into the monotony of survival.

Jing Zhou knows this rhythm too well. For years, she moved within systems that demanded speed, precision, and the suppression of self. Her path into art was not a dramatic turning point, more a gradual unravelling. What began as an instinctive response to

exhaustion evolved into a sustained practice of endurance and self-repair. In place of deadlines, she found a new tempo. In stillness, she began to rediscover meaning.

This Portfolio is the outcome of that shift. Each work is a quiet refusal. Geometries build within boundaries. Colour emerges slowly, after long periods of restraint. Surfaces are hand-built, measured, and deliberate. What appears minimal is loaded with emotion. What looks repetitive is, in fact, a reclaiming of rhythm. It is routine, carefully chosen.

Zhou' s influences are present but handled with subtlety. The meditative symmetry of Buddhist mandalas provides a structural foundation. Yayoi Kusama' s immersive use of pattern resonates in the process, though Zhou' s tone is more introspective. Her past in design is visible in the control of composition, yet her work resists surface gloss. It is grounded in texture, slowness, and feeling.

Art, for Zhou, became a way to survive the slow corrosion of a

life shaped by others' demands. It offered her not escape in the fantastical sense but escape as a method of healing. These works do not shout. They hold space. They ask us to sit with weight. And within that stillness, they offer something else: breath, care, and quiet hope.

This Portfolio is not a protest. It is not a retreat. It is a reclamation. These are rituals of endurance, of defiance through softness, and of liberation shaped slowly over time.

RITUALS OF ESCAPE
Comprehensive Material 100cm*100cm 2025



RITUALS OF ESCAPE
Comprehensive Material 80cm*100cm 2025



RITUALS OF ESCAPE

Comprehensive Material 30cm*30cm 2025



RITUALS OF ESCAPE
Comprehensive Material 100cm*100cm 2024

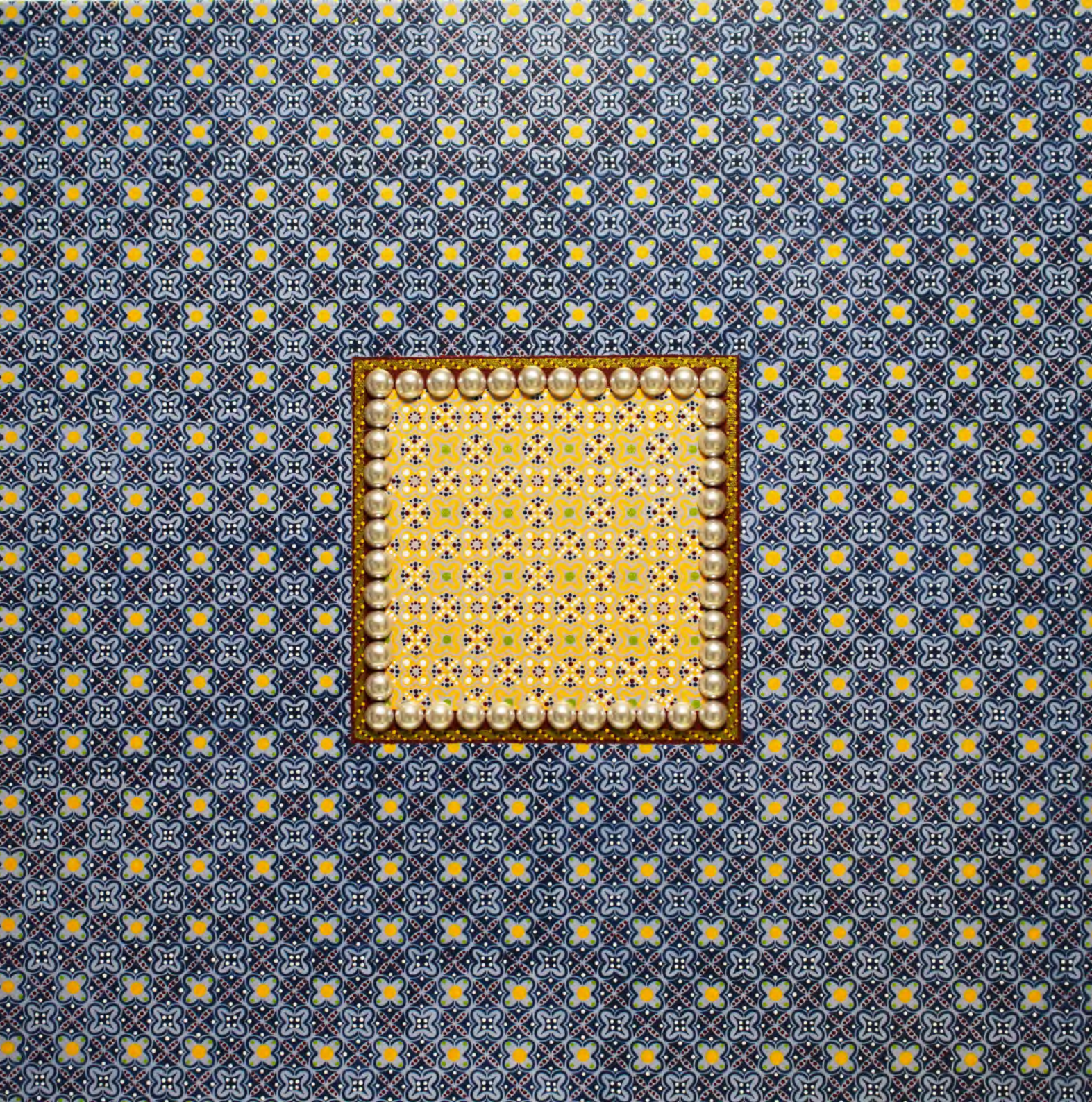


RITUALS OF ESCAPE
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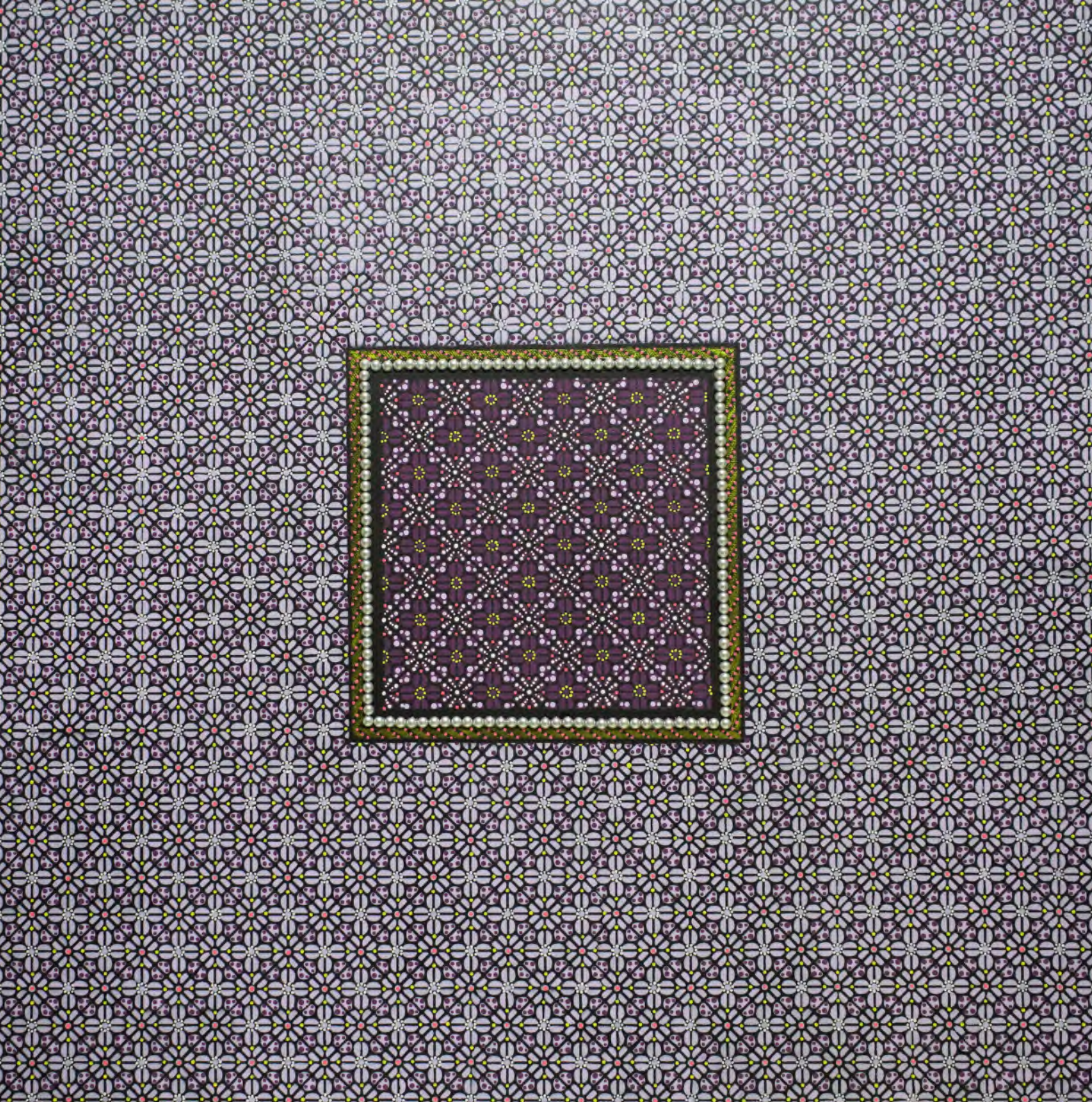
RITUALS OF ESCAPE

Comprehensive Material 60cm*60cm 2023/11



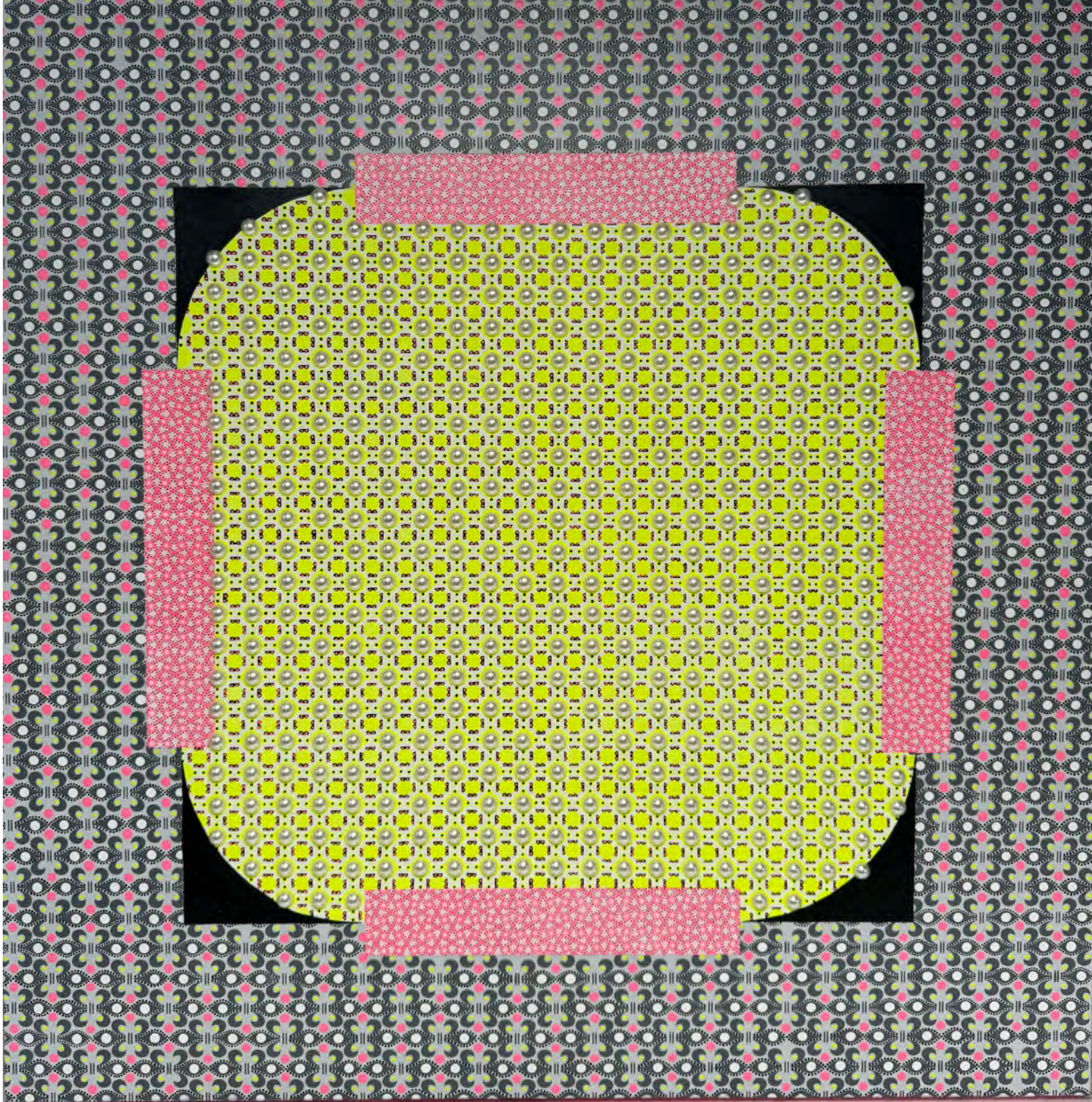
RITUALS OF ESCAPE

Comprehensive Material 60cm*60cm 2023/11



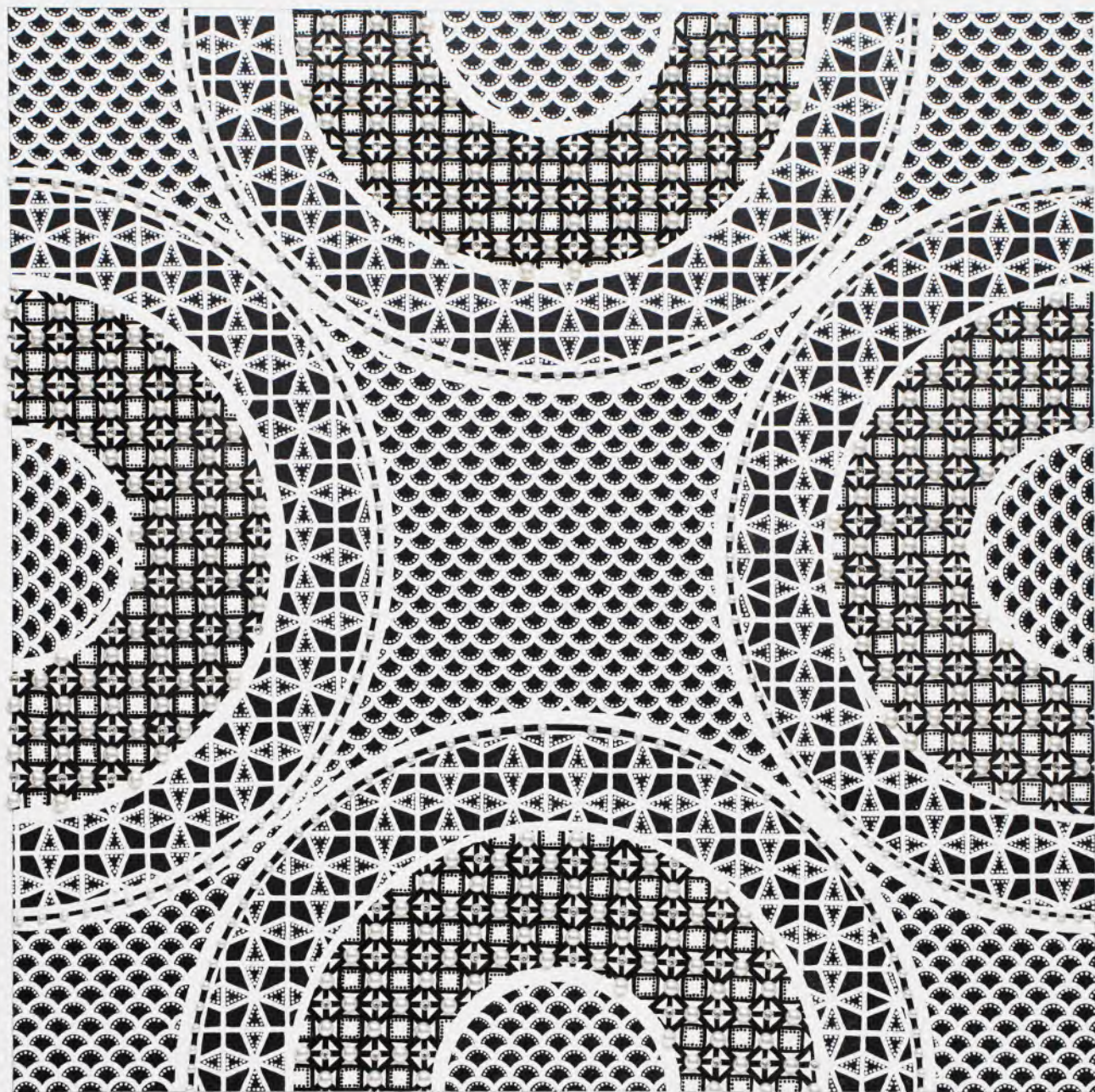
RITUALS OF ESCAPE

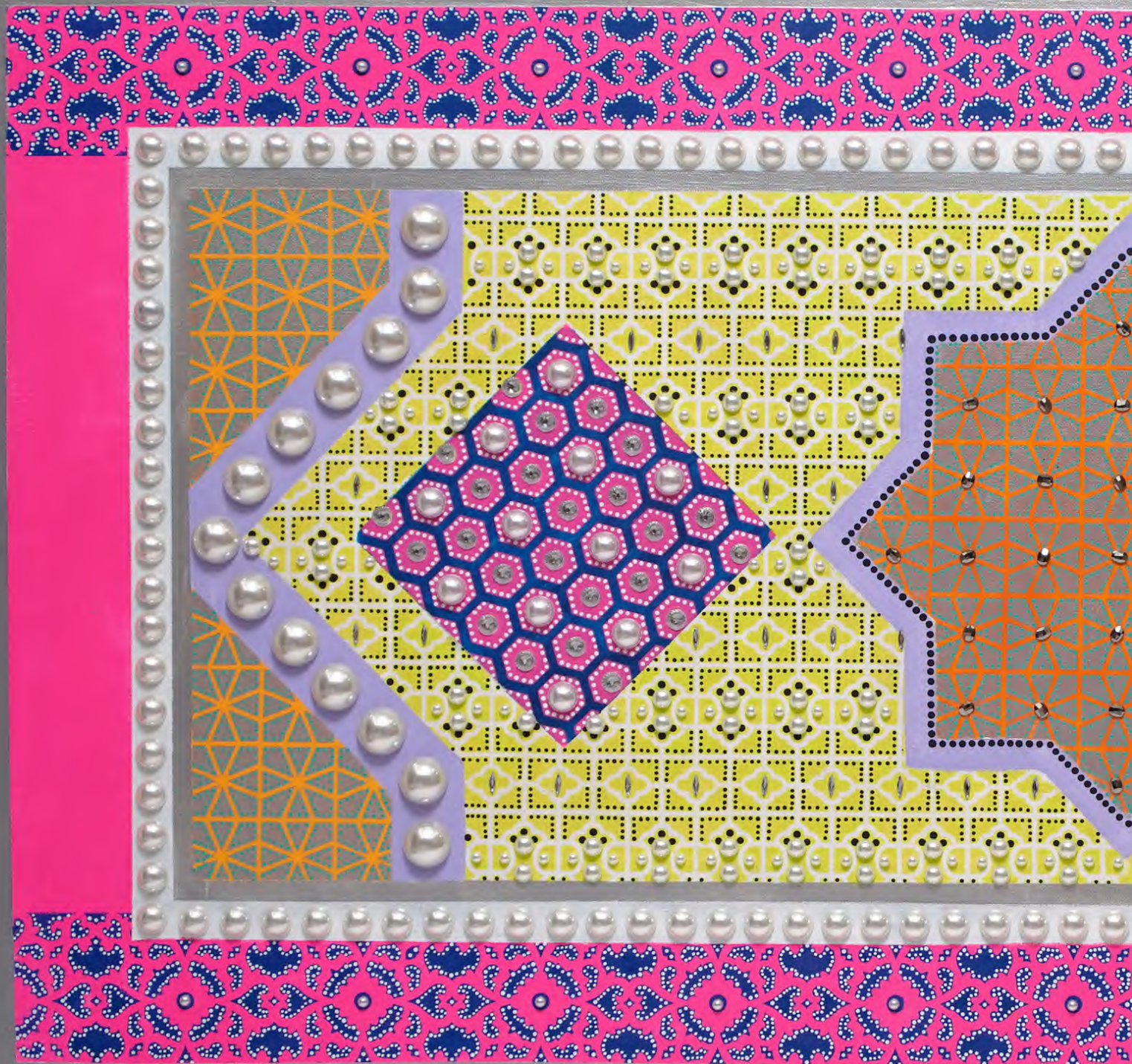
Comprehensive Material 100cm*100cm 2023/11

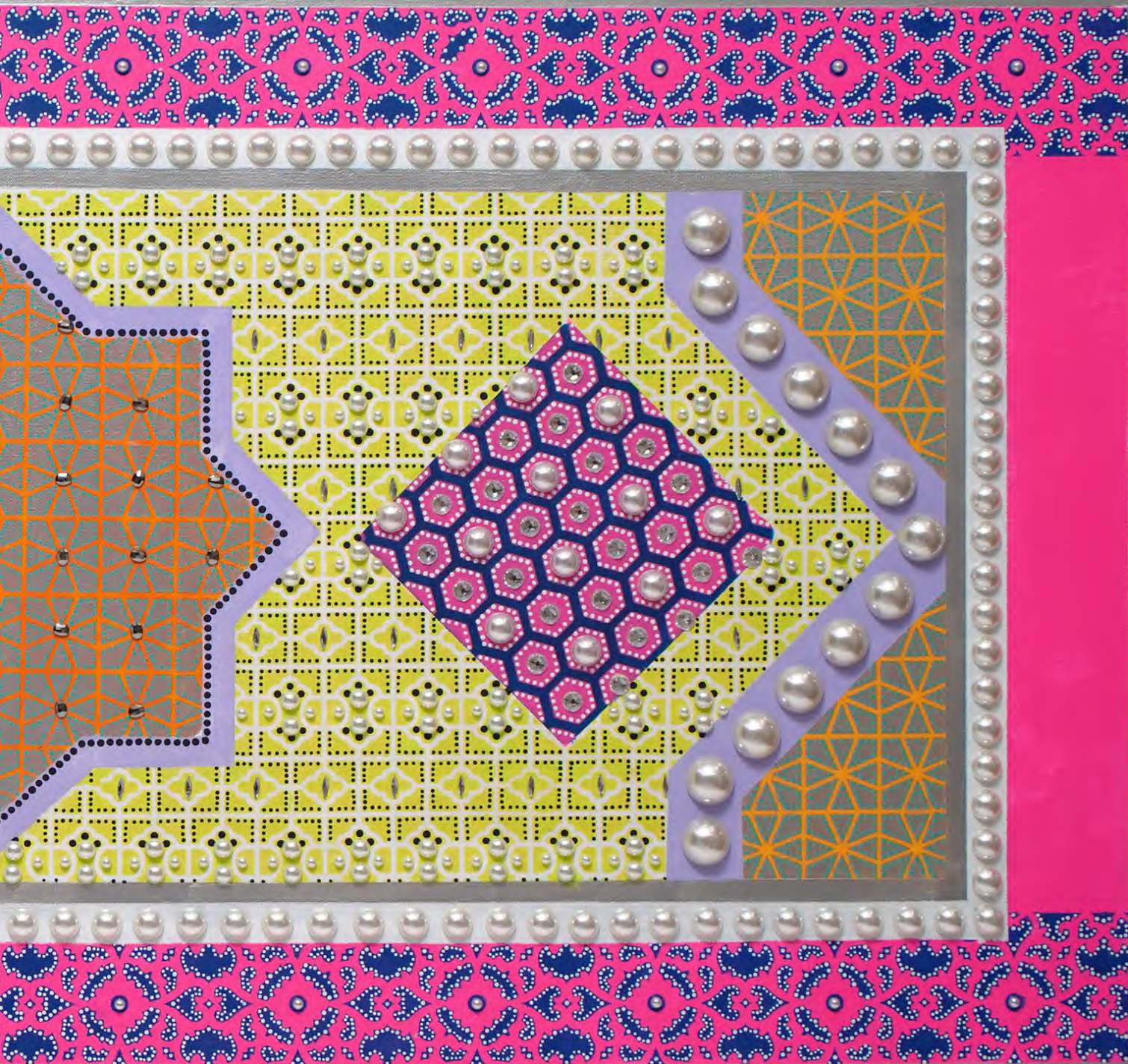


RITUALS OF ESCAPE

Comprehensive Material 80cm*80cm 2018-2023











RITUALS OF ESCAPE
Acrylic 60cm*60cm 2018-2023



RITUALS OF ESCAPE
Comprehensive Material 30cm*30cm 2018-2023



RITUALS OF ESCAPE
Comprehensive Material 30cm*30cm 2018-2023



RITUALS OF ESCAPE

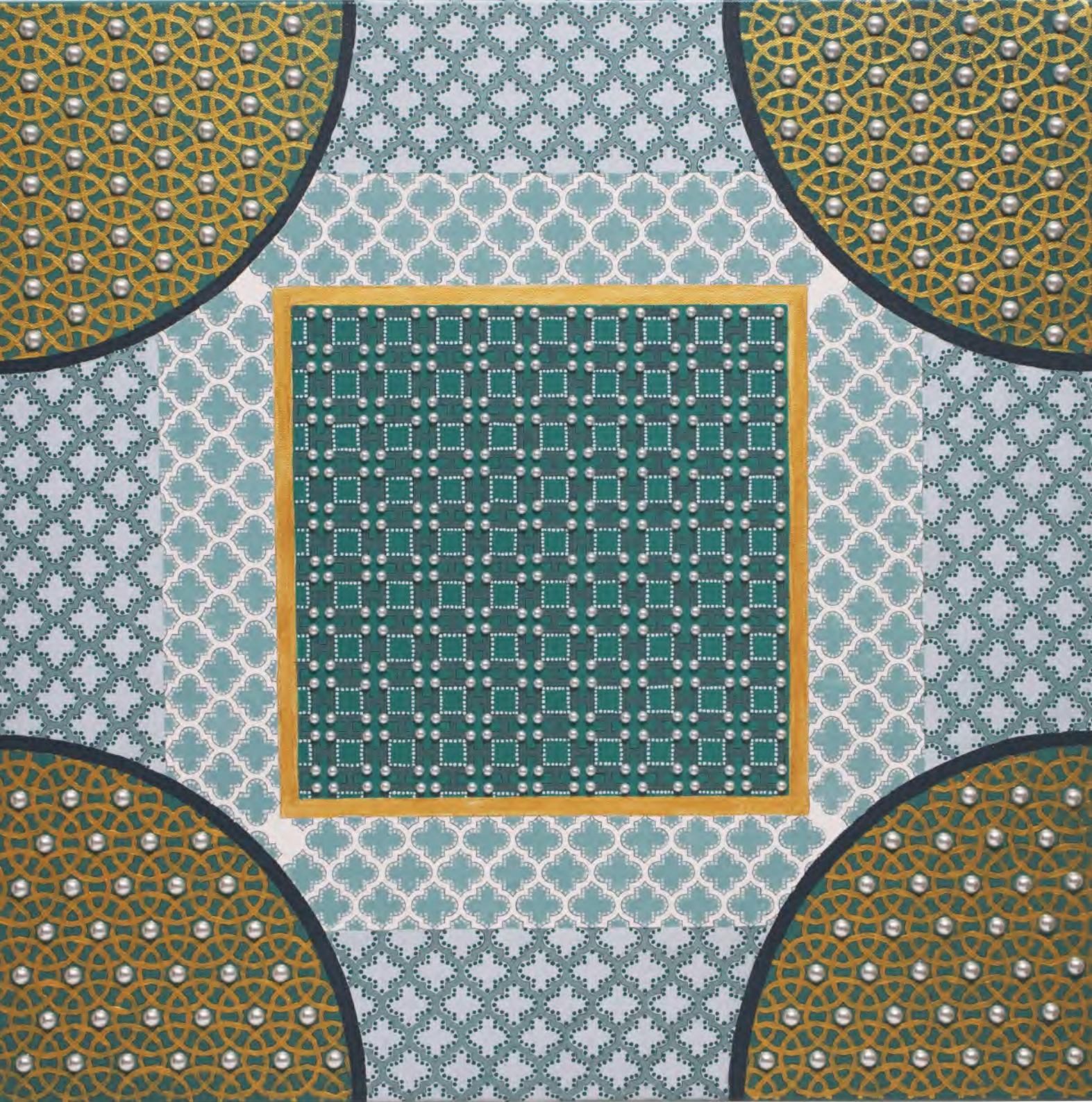
Comprehensive Material 60cm*60cm 2018-2023



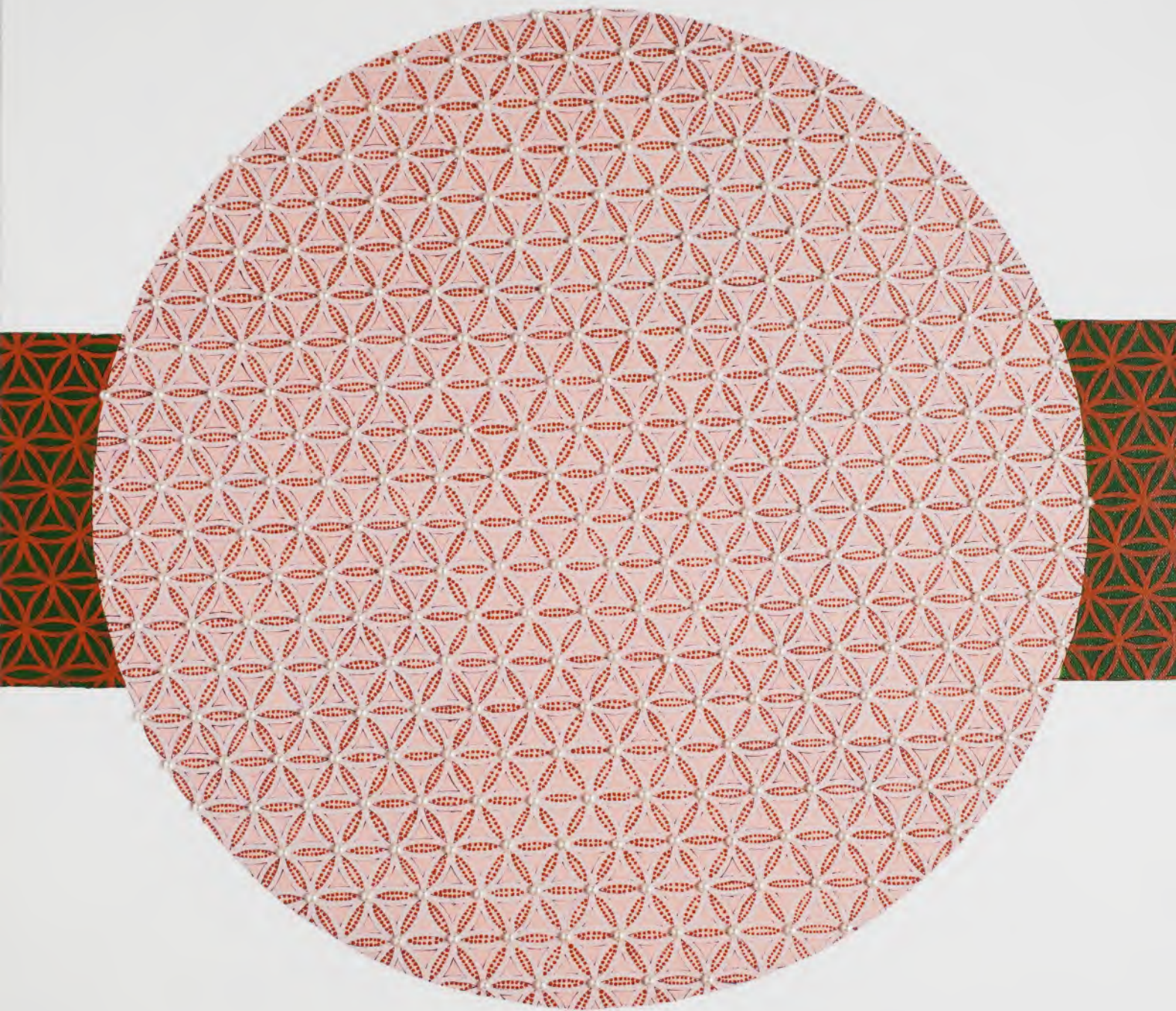
RITUALS OF ESCAPE
Comprehensive Material 60cm*60cm 2018-2023



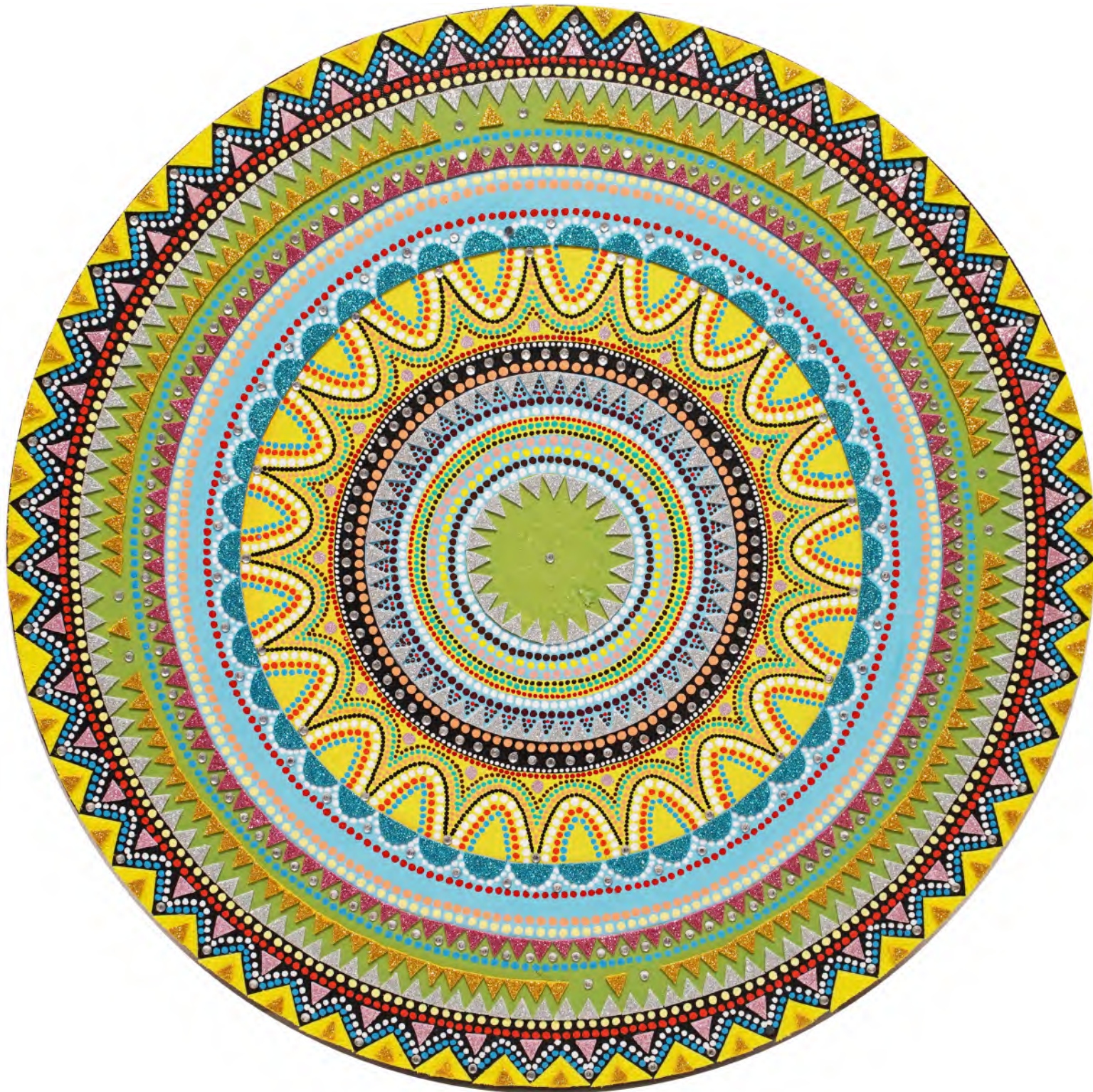
RITUALS OF ESCAPE
Comprehensive Material 60cm*60cm 2018-2023



RITUALS OF ESCAPE
Comprehensive Material 60cm*60cm 2018-2023



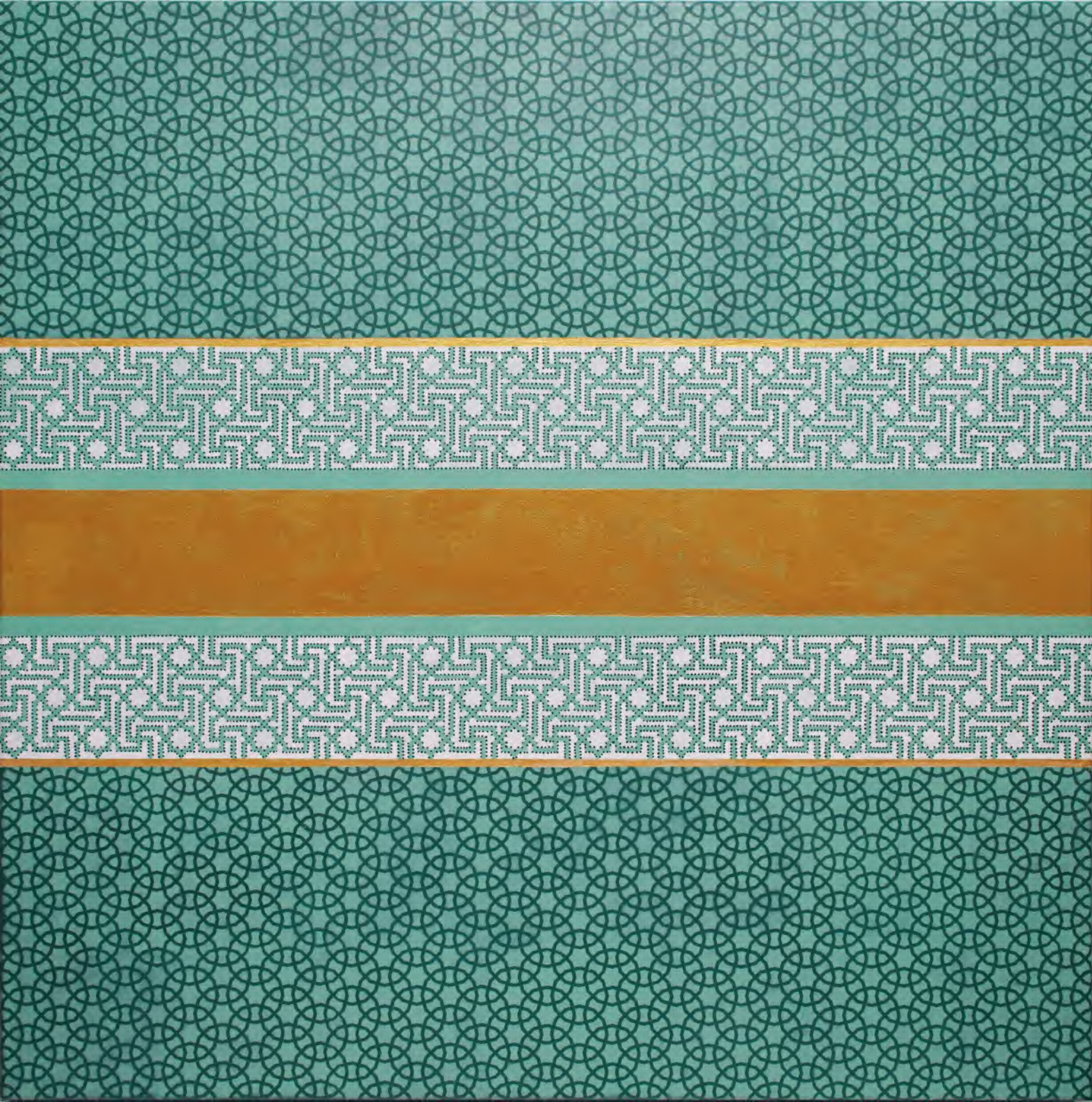
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Comprehensive Material 60cm*60cm 2018-2023



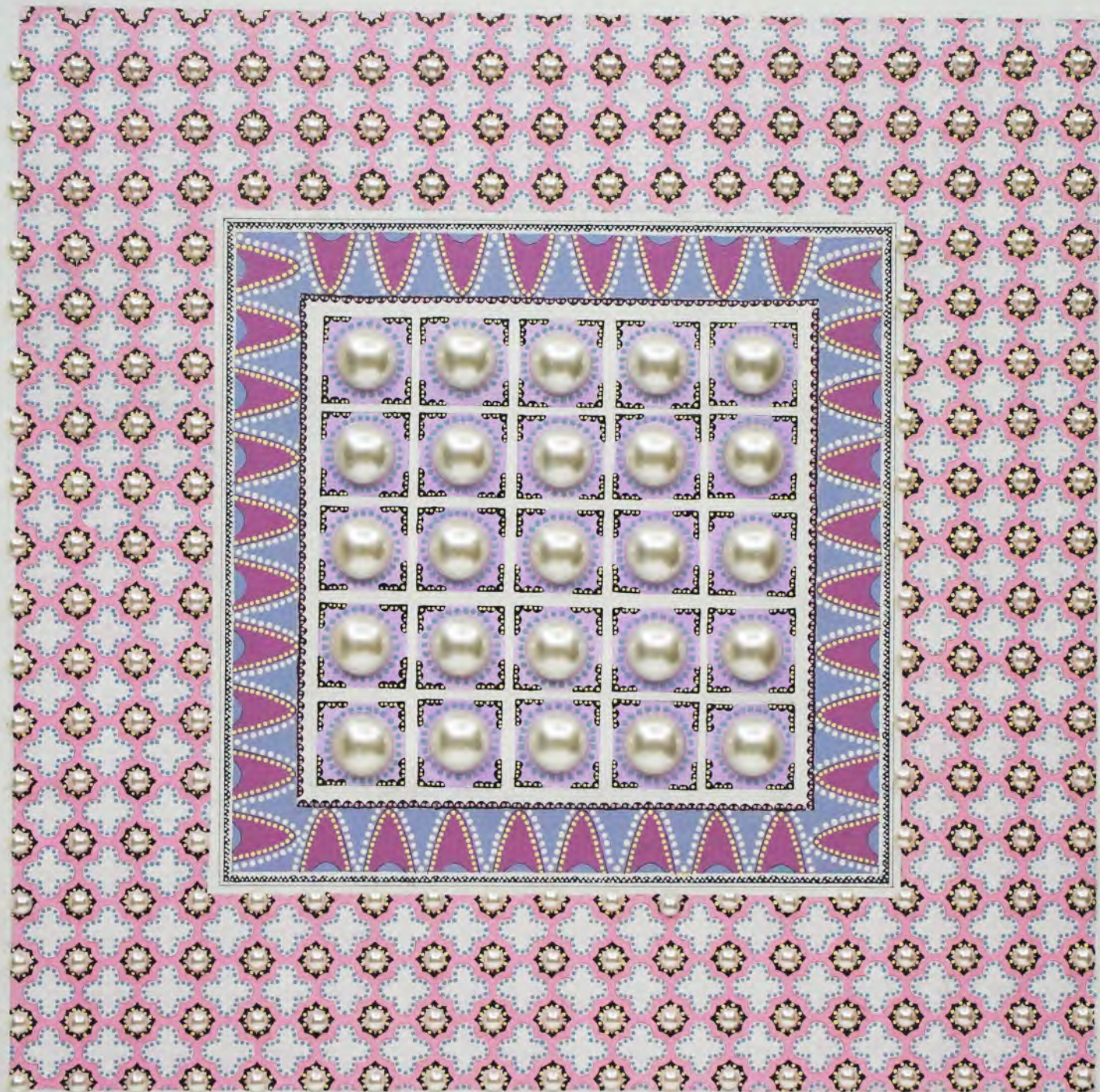
RITUALS OF ESCAPE
Acrylic 60cm*60cm 2018-2023



RITUALS OF ESCAPE
Acrylic 80cm*80cm 2018-2023



RITUALS OF ESCAPE
Comprehensive Material 60cm*60cm 2018-2023



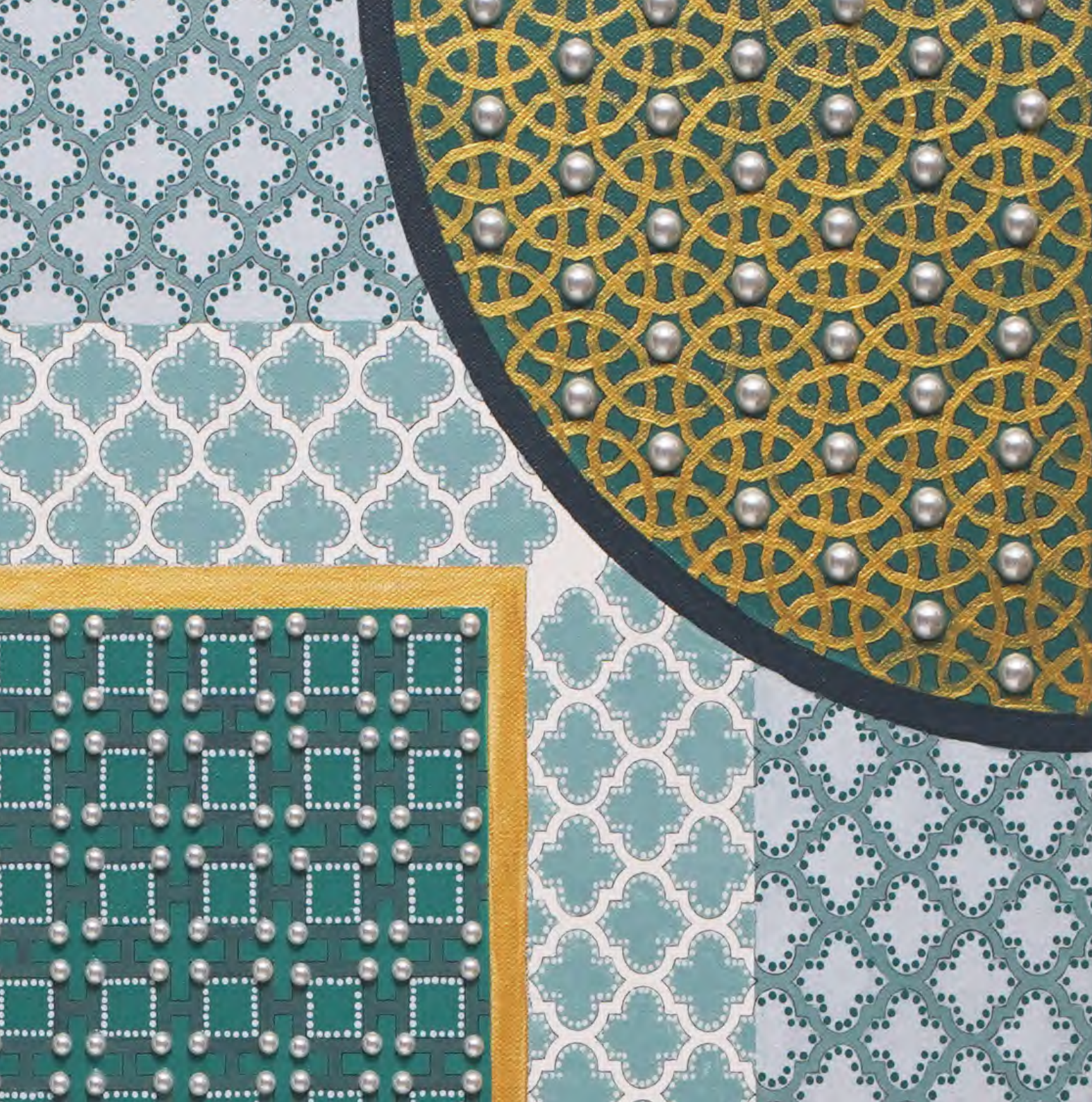


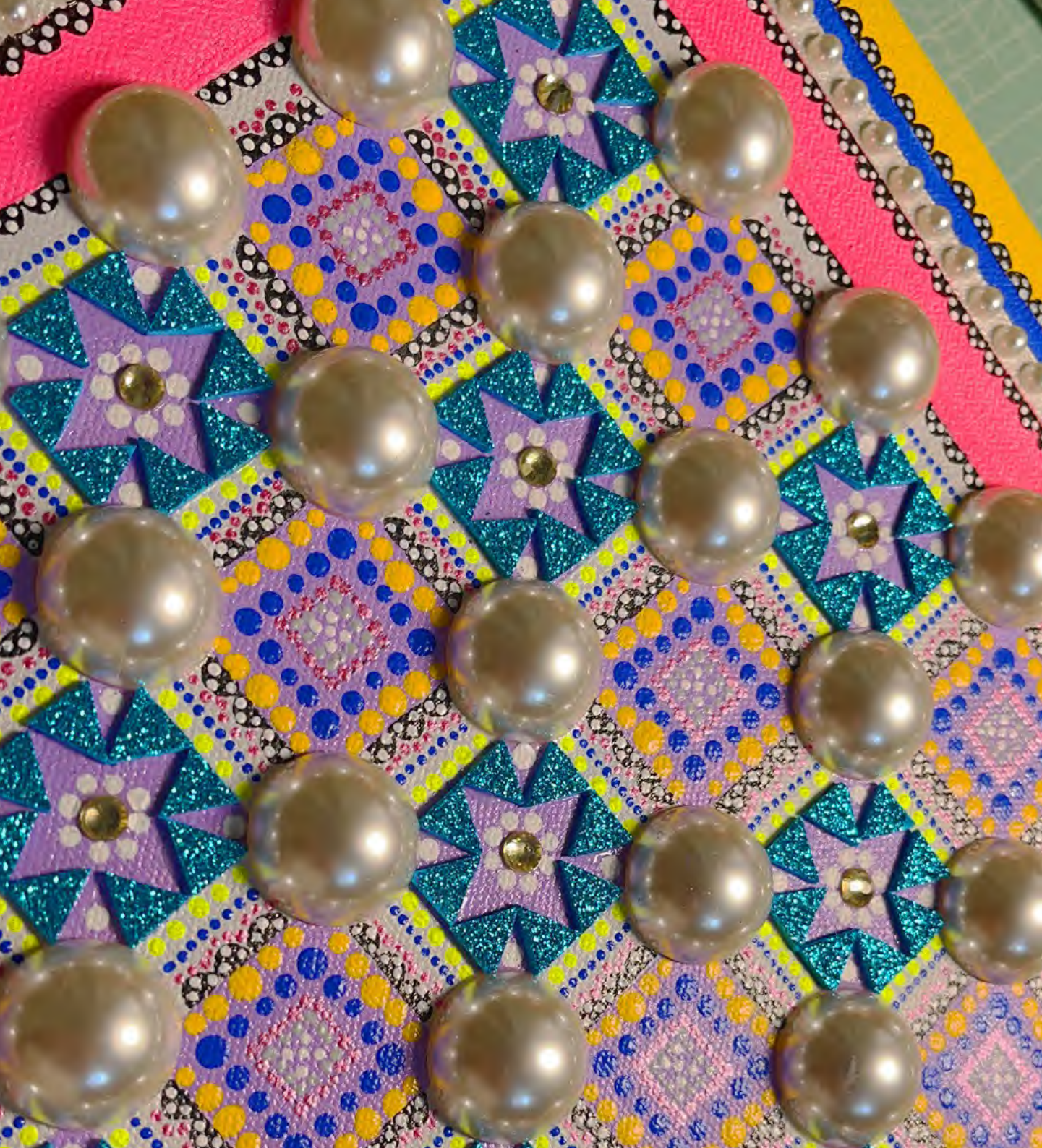












List of Plates

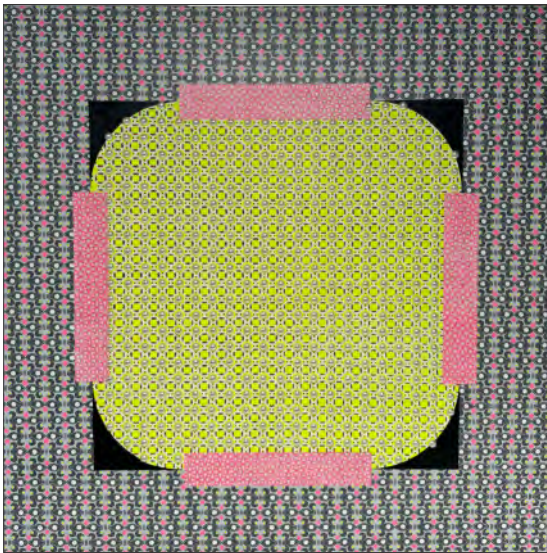
Acrylic paint, pearls, diamond, Sequins, glue,
Silicone oil, gouache paint, etc



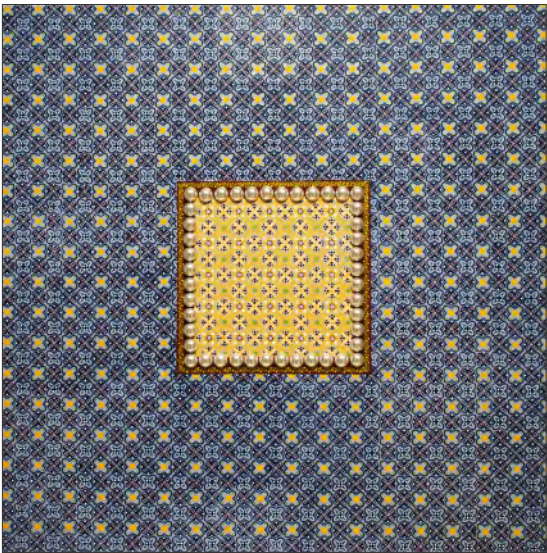
RITUALS OF ESCAPE
逃亡仪式
Comprehensive Material
100cm*100cm 2025



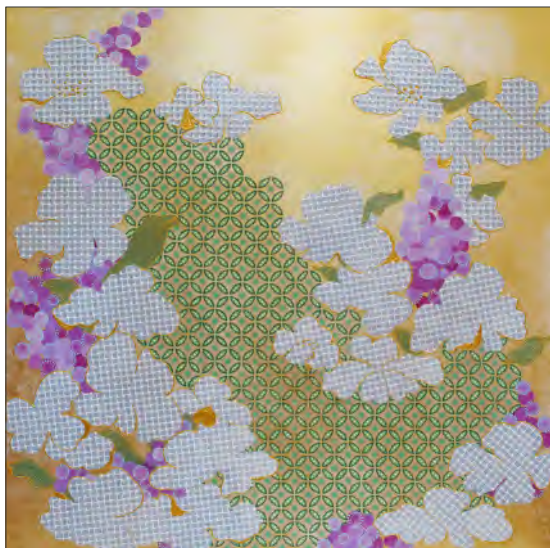
RITUALS OF ESCAPE
逃亡仪式
Comprehensive Material
30cm*30cm 2025



RITUALS OF ESCAPE
逃亡仪式
Comprehensive Material
60cm*60cm 2023/11



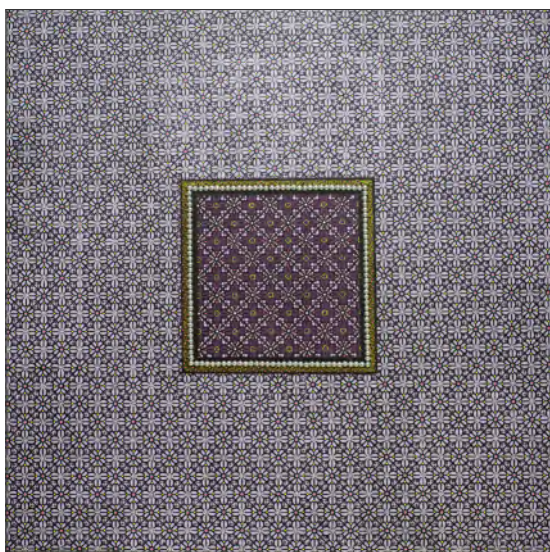
RITUALS OF ESCAPE
逃亡仪式
Comprehensive Material
60cm*60cm 2023/11



RITUALS OF ESCAPE
逃亡仪式
Comprehensive Material
100cm*100cm 2024



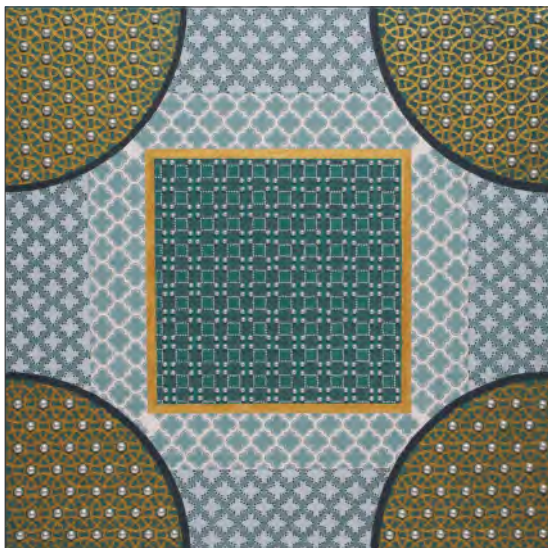
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逃亡仪式
Comprehensive Material
100cm*100cm 2024



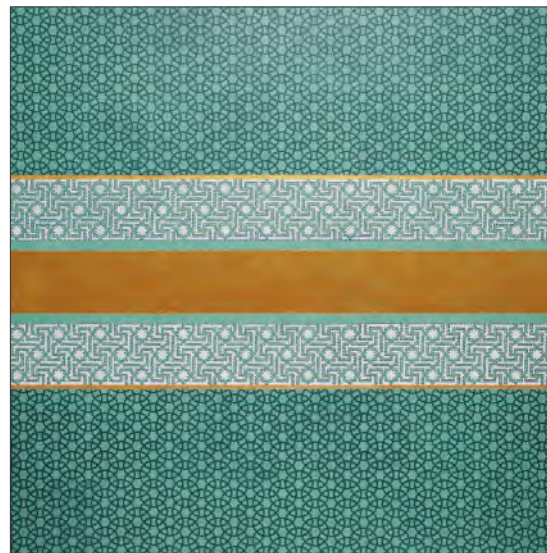
RITUALS OF ESCAPE
逃亡仪式
Comprehensive Material
60cm*60cm 2023/11



RITUALS OF ESCAPE
逃亡仪式
Comprehensive Material
80cm*80cm 2023/11



RITUALS OF ESCAPE
逃亡仪式
Comprehensive Material
60cm*60cm 2018-2023



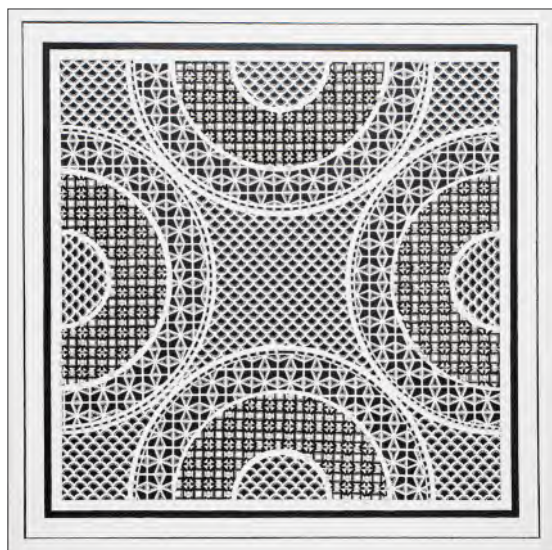
RITUALS OF ESCAPE
逃亡仪式
Acrylic
60cm*60cm 2018-2023



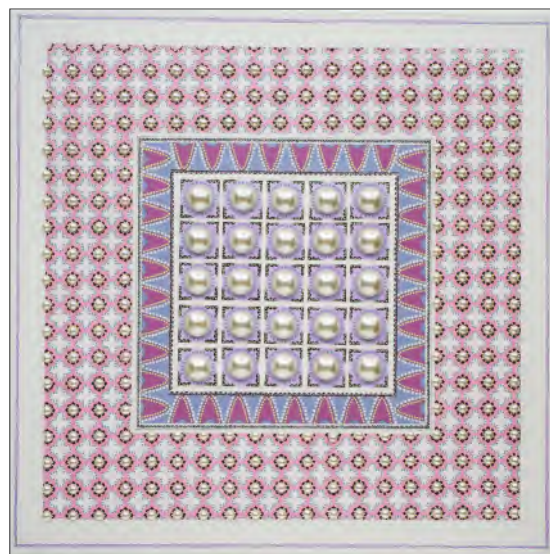
RITUALS OF ESCAPE
逃亡仪式
Comprehensive Material
60cm*60cm 2018-2023



RITUALS OF ESCAPE
逃亡仪式
Comprehensive Material
60cm*60cm 2018-2023



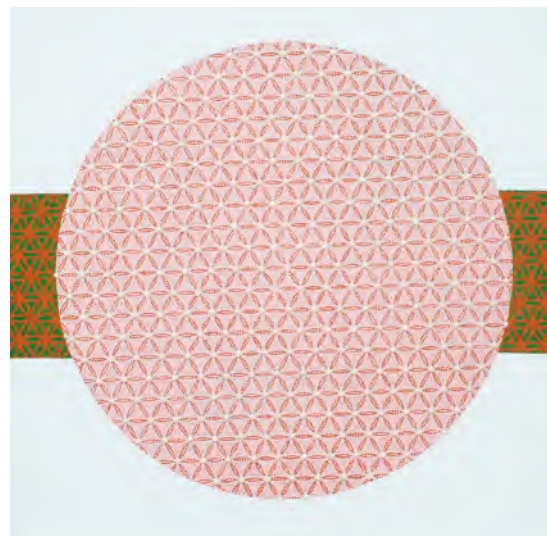
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逃亡仪式
Comprehensive Material
80cm*80cm 2018-2023



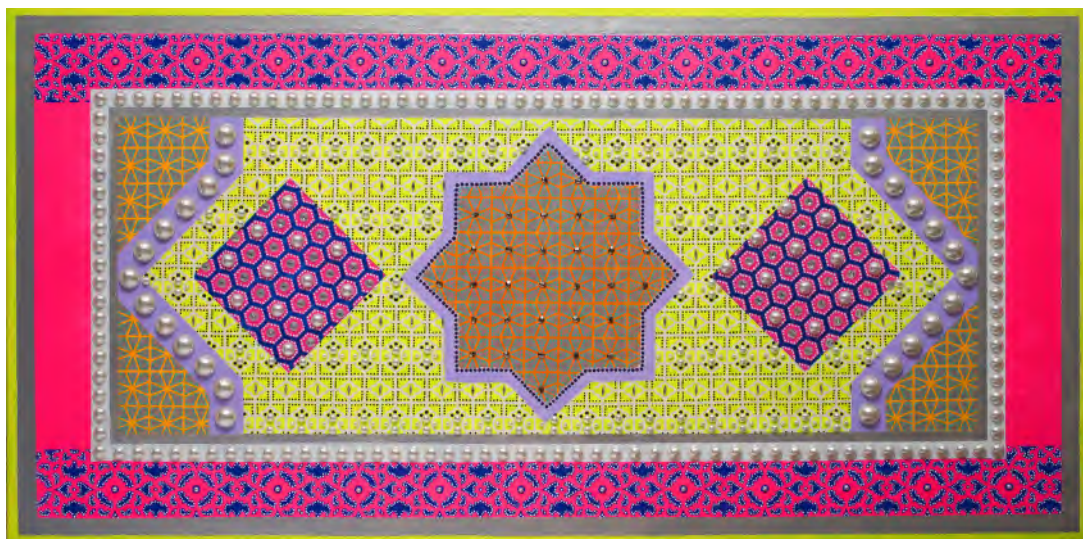
RITUALS OF ESCAPE
逃亡仪式
Comprehensive Material
60cm*60cm 2018-2023



RITUALS OF ESCAPE
逃亡仪式
Comprehensive Material
60cm*60cm 2018-2023



RITUALS OF ESCAPE
逃亡仪式
Comprehensive Material
60cm*60cm 2018-2023



RITUALS OF ESCAPE
 逃亡仪式
 Comprehensive Material
 60cm*130cm 2018-2023



RITUALS OF ESCAPE
 逃亡仪式
 Acrylic+Silicone oil
 60cm*130cm 2018-2023



RITUALS OF ESCAPE
逃亡仪式
Acrylic
60cm*60cm 2018-2023



RITUALS OF ESCAPE
逃亡仪式
Acrylic
60cm*60cm 2018-2023



RITUALS OF ESCAPE
逃亡仪式
Comprehensive Material
30cm*30cm 2018-2023



RITUALS OF ESCAPE
逃亡仪式
Comprehensive Material
30cm*30cm 2018-2023



TIME-TRANSMIGRATION
Comprehensive Material
50cm*50cm 2017-2019



TIME-TRANSMIGRATION
Comprehensive Material
50cm*50cm 2017-2019

TIME-TRANSMIGRATION
轮回
DISPLAY ONLY (LAST SEASON)
2017-2019



TIME-TRANSMIGRATION
Comprehensive Material
40cm*40cm 2017-2019



TIME-TRANSMIGRATION
Comprehensive Material
50cm*50cm 2017-2019



TIME-TRANSMIGRATION
Comprehensive Material
50cm*50cm 2017-2019



TIME-TRANSMIGRATION
Acrylic
60cm*60cm 2017-2019

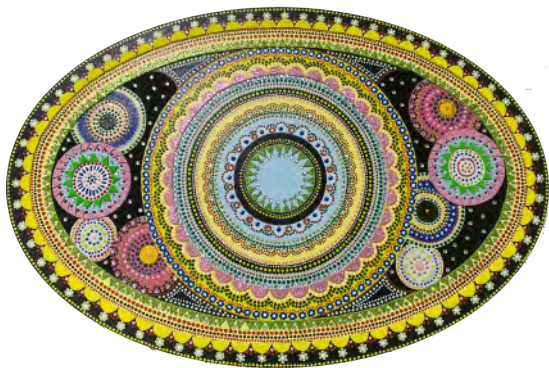


TIME-TRANSMIGRATION
Acrylic
40cm*50cm 2017-2019



TIME-TRANSMIGRATION
Comprehensive Material
30cm*40cm 2017-2019

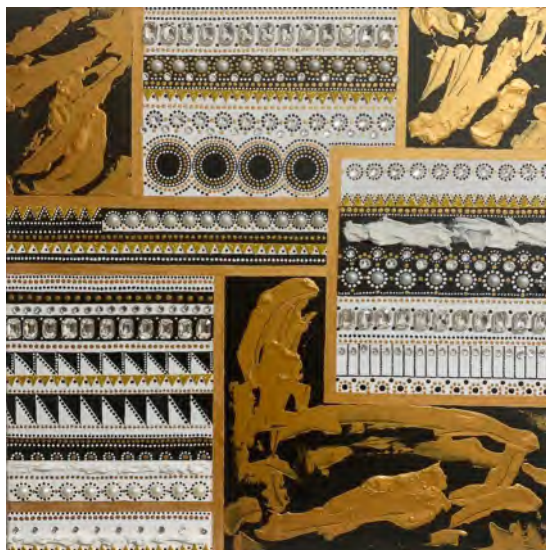
TIME-TRANSMIGRATION
轮回
DISPLAY ONLY (LAST SEASON)
2017-2019



TIME-TRANSMIGRATION
Comprehensive Material
40cm*50cm 2017-2019



TIME-TRANSMIGRATION
Acrylic
40cm*50cm 2017-2019



TIME-TRANSMIGRATION
Comprehensive Material
50cm*50cm 2017-2019



TIME-TRANSMIGRATION
Acrylic
60cm*60cm 2017-2019

EXHIBITION

国际展览报道总汇 2025

● **Rebirth 伦敦 UK**

Wall Times

<http://www.globalpapertimes.com/internet/2238.html>

Artron 雅昌新闻 (中文媒体)

<https://m-news.artron.net/20250324/n1139770.html>

● **Napoli Cina-Europa Culturale 那不勒斯 Italy**

China Art Weekly 美术报 (中文媒体)

https://zjdaily.zjol.com.cn/msb/html/2025-04/19/content_4328762.htm?div=-1

● **Partly Cloudy 伦敦 UK**

画廊官网展讯:

<https://gallery.bhavan.net/events/pq14f0k31plfjxdvmby9yeawvdhgum>

Our Culture Mag

<https://ourculturemag.com/2025/04/10/partly-cloudy-an-examination-of-transitional-states-and-ontological-uncertainty/>

● **ONE WORLD . ONE FUTURE 北京 China**

THE 6TH UWEE INTERNATIONAL ART EXHIBITION AT LUV

BEIJING PARALLEL EXHIBITION

● NYCxDesign 纽约设计节艺术展 American

纽约设计节官网展讯

<https://nycxdesign.org/event/fractured-horizons-exhibition/>

通发媒体较多，比较重要的是一下 4 个：

boston herald 成立于 1846 年，历史上曾经 8 次获得普利策奖

<https://markets.financialcontent.com/bostonherald/article/247pressrelease-2025-5-24-global-voices-and-emerging-tech-converge-in-fractured-horizons-a-landmark-exhibition-at-nycxdesign-spotlight-2025>

international business times 成立于 2005 年，覆盖全球 7 种语言 90 个国家的时事新闻，月访问量超过 100 万人次

<https://markets.financialcontent.com/ibtimes/article/247pressrelease-2025-5-24-global-voices-and-emerging-tech-converge-in-fractured-horizons-a-landmark-exhibition-at-nycxdesign-spotlight-2025>

pittsburgh post-gazette 匹兹堡地区最大的日报，成立于 1927 年，曾获得 6 次普利策奖

<http://markets.financialcontent.com/postgazette/article/247pressrelease-2025-5-24-global-voices-and-emerging-tech-converge-in-fractured-horizons-a-landmark-exhibition-at-nycxdesign-spotlight-2025>

EXHIBITION

star tribune 明尼苏达州最大的报纸，按发行量计算是美国第七大报纸

<https://markets.financialcontent.com/startribune/article/247pressrelease-2025-5-24-global-voices-and-emerging-tech-converge-in-fractured-horizons-a-landmark-exhibition-at-nycxdesign-spotlight-2025>

<https://ourculturemag.com/2025/06/08/in-the-gap-of-meaning-experiencing-conceptual-erasure/>

● Conceptual Erasure 伦敦 UK

FAD Magazine (英国媒体)

<https://fadmagazine.com/2025/05/31/conceptual-erasure-before-meaning/>

Our Culture Mag (英国媒体)

<https://ourculturemag.com/2025/06/08/in-the-gap-of-meaning-experiencing-conceptual-erasure/>

● Exhibition Title: Fragmented Wholeness 德国杜塞多夫展

● Japan Osaka 日本大阪文化博物馆

2025 ART NOW GLOBAL International Art Expo

● **ONE WORLD . ONE FUTURE** Louyre Museum 巴黎 ,France
THE 6TH UWEE INTERNATIONAL ART EXHIBITION AT LUV
BEIJING PARALLEL EXHIBITION
法国卢浮宫 卡鲁赛尔厅



EXHIBITION

早期报道

● -2013 The Glasgow School of Art Fashion Show

● -2014 The Glasgow School of Art Fashion Show

● -2015 The Glasgow School of Art Fashion Show

● The Herald Scotland UK 报纸刊登采访 2015.9.5

● The National-Scotland UK 报纸刊登采访 2015.9.12

● The Scotsman-Scotland UK 报纸刊登采访 2015.9.12

● New Designer 2015, London

● - “最当下” -2023 年中国当代艺术作品展邀请展

● - “NOW” 中取境—2023 年上海青年艺术家邀请展

● -2023 · “萨珞际” 艺术展

● -2024 “心境成像” 上海青年艺术家邀请展 中外文化青年会年度展

个人专访

- Fad Mag
<https://fadmagazine.com/2025/02/18/jing-zhou-a-contemporary-artist-bridging-cultures-through-multidimensional-creativity/>
- Kunst Plaza (德语媒体)
<https://www.kunstplaza.de/ausstellungen/fragmentierte-ganzheit-jing-zhou/>