



SARA VAN VLIET

YELLOW GALLERY SEPTEMBER 2025 Leiden

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Sara van Vliet, a contemporary Dutch artist, has emerged as a compelling voice in the exploration of nature's resilience within urban landscapes. Graduating from the HKU in Utrecht in 2022 and currently pursuing an MFA at the Frank Mohr Institute, her work has garnered attention for its dynamic interplay between the organic and the constructed.

Van Vliet's recent series, including *Guardrail*, *June*, *BTS*, and *Untitled*, delves into the subtle encroachments of nature into human-made environments. In *Guardrail*, she juxtaposes vibrant wildflowers against the stark, industrial backdrop of highway barriers, capturing moments of unexpected beauty amidst the monotony of urban infrastructure. *June* presents a delicate still life illuminated by the warm glow of summer light, where the interplay of shadow and form evokes a sense of fleeting tranquility.

In *BTS*, van Vliet shifts focus to the transitional phases of floral life, portraying blooms in various stages of development within a garden setting. This piece reflects her interest in the impermanence and continuity of nature, challenging the viewer to reconsider the boundaries between cultivated and wild spaces. The untitled work further exemplifies her technique, where the tactile quality of thick, impasto paint invites a sensory engagement, while the looming shadow serves as a reminder of nature's untamable force.

Van Vliet's artistic approach is characterized by a fusion of materials and techniques, incorporating plaster, spray paint, and oil stick to create textured surfaces that evoke the physicality of the natural world. Her background as a high-level marathon skater informs her energetic application of these mediums, imbuing her canvases with a sense of movement and vitality.

Through her work, Sara van Vliet invites viewers to reconsider the overlooked beauty of everyday life and the resilience of nature. Her paintings serve as a testament to the quiet persistence of life that flourishes in the interstitial spaces of human existence, urging a deeper appreciation for the world that exists just beyond the margins.

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June 2025

Acrylic, ink, gesso and oil on canvas
80 x 60 cm | 31,50 x 23,62 in.



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Untitled 2025

Acrylic, gesso, oil and oilstick on canvas
90 x 80 cm | 35,43 x 31,50 in.



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Guardrail 2025

Acrylics, gesso and oil on canvas
150 x 120 cm | 59,06 x 47,24 in.



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BTS 2025

Acrylics, gesso and oil on canvas
150 x 120 cm | 59,06 x 47,24 in.



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Untitled 2025

Acrylics, ink and oil on canvas

24 x 30 cm | 9,45 x 11,81 in.



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BIOGRAPHY

Sara van Vliet (b. 1998, Netherlands) is a contemporary visual artist known for her dynamic exploration of the intersection between the natural world and human-made environments. Her compositions frequently feature floral motifs and everyday objects, recontextualized to reveal the beauty and complexity inherent in the mundane.

Education:

- MA Painting, Frank Mohr Institute, Groningen, Netherlands (2022–2024)
- BA Fine Arts, HKU University of the Arts Utrecht, Netherlands (2016–2022)

Notable Exhibitions:

- "YOU WANT IT DARKER" (April 2025): A group exhibition at Yellow Gallery in Antwerp, featuring works by contemporary artists alongside the old master Floris Verster, examining themes of light and shadow in still life and nature painting.
- "Dialogue" (2025): A group exhibition at NQ Gallery in Antwerp, Belgium, presenting a conversation between contemporary artists through their works.

Awards:

Nominated for the Royal Award for Modern Painting (2022)

Representation:

- NQ Gallery, Antwerp, Belgium



GALLERY INFORMATION

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Opening times:

By appointment

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