



ABBOTSLEIGH

 Grace
CossingtonSmithGallery

PULSE

JOANNA COLE

JAN HANDEL

JULIA KENNEDY-BELL

YVONNE LANGSHAW

24 JUNE TO 11 JULY 2026

PULSE

Pulse celebrates the vibrant creativity of four artists whose practices echo the rhythms and perception of life. Across the two distinct genres of landscape and abstraction, Joanna Cole, Jan Handel, Julia Kennedy-Bell and Yvonne Langshaw explore how colour, form, and gesture can embody movement and emotion.

For Cole and Langshaw the natural world is transformed into expressive terrains, where memory and observation merge in luminous colour. Handel and Kennedy Bell investigate abstraction as a language of tension and harmony, using grids, shapes, and layered hues to evoke systems of thought and sensation inherent in the human experience.

The works of the four artists reveal the dynamic possibilities of painting, where structure meets spontaneity and material becomes a vessel for experience.

JOANNA COLE

A painter born on Kurna/Peramangk Country in South Australia Cole has developed an active practice across Gadigal and Deerubbin, exhibiting her work in group and solo settings since 2017. She continues to explore observational and reflective approaches to painting grounded in place and experience.

In *Pulse*, Cole presents a river landscape with a figure; the observed and the observer. 'Interrupted...' by the rhythms of days repetition in the process performs a moving quiet, an antidote to distractions. Internal and external noise is suggested in surfaces. We belong to land, to water, to liminal places and experiences.

The observer, the observed. (From Everlasting to Everlasting), 2026, oil on marine ply, 120 x 80 cm



JULIA KENNEDY-BELL

Kennedy-Bell has particularly developed the installation side of her work, a transitional point into making what might be termed three dimensional paintings. Of particular interest is the relationship between forms and mediums and the way in which these mediums can be translated and transformed. A state of equilibrium exists whereby new avenues for forms and relationships can integrate and illustrate those formal attributes that are so pivotal to the practice of her painting and drawing.

In *Pulse*, Kennedy-Bell explores off-cuts as stencils, combining them with her own language of shapes and forms to relay the idea of the personal and the universal. Contrasting the organic and the industrial, this presents a conflict of these two motifs and the dynamics and tensions. Using the idea of the grid in abstraction is a way to ground these differing forces while creating spaces for new realities

Grid Tempo, 2025, acrylic on aluminium, 15 x 15 x 15 cm



JAN HANDEL

A painter and installation artist she often creates her own limiting 'rules of engagement' as a component of the artistic process. Handel continually returns to themes of order and containment, and the idea that knowing the constraints and boundaries can, paradoxically, allow for greater and more fearless freedoms.

For *Pulse*, Handel's work *Body, Visible (grid)* gives form to circumstances inherent in human experience. Handel seeks a balance of opposing elements; the unlikely cohesion of the grid's ordered logic and the poetic humanness of painterly gesture, the tension between control and spontaneity, between structure and emotion. Finding this balance reflects the contradictions inherent in our navigation of everyday life.

Body, Visible (#IV), 2026 , acrylic paint on Wenzhou paper, 240 x 97 cm



YVONNE LANGSHAW

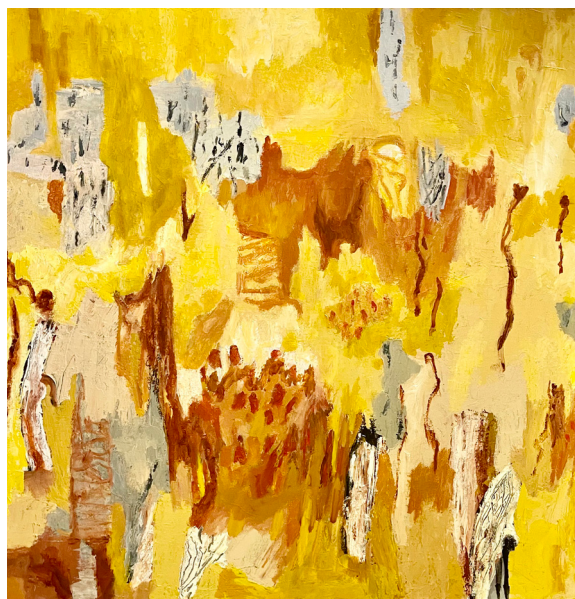
Working mostly in acrylics Langshaw explores landscape and the environment with paintings from her travels and the local bushland around her home.

A National Art School graduate, Langshaw has exhibited widely since 1980 in solo and group shows. She has taught across community art schools, delivered numerous workshops, and is represented in public and private collections nationally and internationally.

For *Pulse*, Langshaw exhibits a selection of paintings that reflect her ongoing engagement with colour, pattern, and nature inspired abstraction.

And in the Yellow Morning, May 2025, acrylic on canvas, 92 x 92 cm

Cover: detail - *Summer Grasses*, Feb 2026, acrylic on canvas, 60 x 60 cm



JOANNA COLE, JAN HANDEL JULIA KENNEDY-BELL AND YVONNE LANGSHAW



Gallery hours Tues to Sat 10 am-5 pm FREE ENTRY | Gate 7, 1666 Pacific Highway, Wahroonga | 02 9473 7878
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The Grace Cossington Smith Gallery acknowledges the Dharug People as the Traditional Custodians of the land upon which the gallery rests.
We acknowledge and pay respect to the elders, past and present.