



Tanya Minhas: *A Tapestry of Dreams*

September 18th - October 25th, 2025

Opening reception: September 18th from 6 - 8pm



Flowers are Blooming in My Mind, 2025, Acrylic on canvas, 18 by 24 inches (45.7 x 61 cm) © Tanya Minhas.

Winston Wächter Fine Art, New York is pleased to present *A Tapestry of Dreams*, an exhibition of new paintings by Tanya Minhas at the gallery's 530 West 25th Street location. The works featured in this exhibition reflect Minhas' ongoing interest in the natural world and the systems that hold it together.

In her new series of paintings, Minhas continues her exploration of nature's elements, depicting terrains as she intuitively sees them. "I paint what I see from my heart's eye, allowing nature to tell its own story," she says. *A Tapestry of Dreams* presents the four elements as living systems: earth, water, fire, and air, united by the spirit. Minhas treats paint like thread and approaches her practice as a form of embroidery, mapping the interwoven relationships between nature, memory, and states of being.

Though her work touches on all the elements, Minhas often returns to water as a central symbol of change and renewal in her practice and life. She sees it as a vital connector of the earth - rain falls, rivers flow, oceans evaporate, and water moves through our bodies. Water nourishes the soil, supports germination, birth, and regulates cells that sustain life. These natural processes are interconnected and reflect a sense of balance, even during periods of slow or sudden disruption.

Movement, geometry, color, and a sense of spirit animate the organic forms and inform the visual vocabulary of Tanya Minhas's paintings. Her work draws from self-organizing patterns in nature, including branching systems, crystalline structures, cellular formations, and the movements of gravity, water, and wind, all shaped by repetition and variation. These processes follow a recursive logic, where form arises through accumulation, feedback, and adaptation. This approach renders painting parallel to embroidery. Drawing from lattice, mosaic, and other pattern-based systems, Minhas builds surfaces rooted in her passion for embroidery, a skill her mother taught her as



a child. References to sacred geometry and design traditions reflect ancestral memory and the rhythm of handwork. Each mark is a blend of structure and intuition.

These works are not depictions of actual places, but dreamscapes shaped by memory, resonance, and feeling. She maps inner worlds where the sky becomes a mirror and the stars, clouds, and constellations register as internal weather. Each piece resonates as a visceral memory. The works become vessels to translate the intangible: spirit, breath, and emotion.

For Minhas, repetition is a mode of renewal, allowing each painting to unfold in its own time. What once lived in the hand as embroidery now moves through the body of the painting, each mark carrying memory, time, and touch. Like nature, Minhas finds that painting is always adjusting and evolving. There is no fixed center, only echoes and variation, like wind or waves tracing new paths across familiar ground. A Tapestry of Dreams reflects a pursuit of internal balance, and invites viewers to witness the natural world as something alive, vibrant, intertwined, and always in motion.

"Each painting is about an invisible memory or impression left by the myriad forces in nature... tracing an invisible pattern that I can see with my heart... and yet I am unable to express the awe of it precisely with words, only with my language of painting." —Tanya Minhas



Sunset III (The Promise of a New Tomorrow), 2025, Acrylic on canvas, 18 by 24 inches (45.7 x 61 cm) © Tanya Minhas.

Tanya Minhas is a Pakistani-American artist based in New York City. She received her BA from Princeton University, an MBA from Columbia University, and studied portrait painting at the Art Students League of New York. Her work has been featured in numerous exhibitions at Guild Hall, East Hampton; Second Street Gallery, Charlottesville, VA; Chashama, New York; and TW Fine Art, Palm Beach. Public installations include projects for Joseph Editions Hotel, Nashville; Playtime New York at the Metropolitan Pavilion; and Drive-by-Art, Long Island. Her exhibitions and installations have been covered by The New York Times, Forbes, Smithsonian Magazine, Architectural Digest, and Town & Country.