



Alexis Kyle Mitchell, *The Goal of Our Health*

November 7, 2025 – January 31, 2026

Works

(left to right)

Step and Repeat (restricted), 2025

Analog contact print, digital print on eight panels of heavy cotton sateen, 108 × 56 inches each
Printed at Soleil NYC Textiles

A large blue curtain hangs across a threshold, suspended from the ceiling and draped to the floor, containing segments that slightly open for people to move through. Across its surface, a sequence of repeated walking silhouettes is layered with the image of a darker figure bending backward, merging repetition with reversal.

The Goal of Our Health: Plates 1, 2, 3, 4, 5, 2025

5 x 16mm black-and-white film, hand-processed with coffee, transferred to 4K, silent, 2 minutes each

Installed across five dark, free-standing walls, a sequence of black-and-white films captures bodies posing before the sea and the forest. Each pose, held for the duration of a single hand-crank of a Bolex camera (thirty seconds), turns stillness into a meditation on labor, time, and bodily agility.

The Treasury of Human Inheritance, 2024

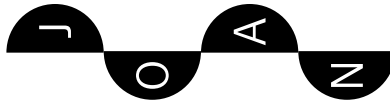
16mm black-and-white film hand-processed with genetic material, and digital video transferred to 4K, 5.1 surround sound, 60 minutes

A poetic film about the experience of living with and alongside disease and disability. Tracing loops, echoes, and repetitions across the physical and spiritual realms, the film combines documentation of family home-movie footage; somatic and religious rituals for death and life after death; and images of abandoned urban architectures overtaken by natural growth. The black and white celluloid film is hand-processed in genetic material and paired with an analog synthesizer score that mirrors patterns of genetic inheritance. In essence, this is a film about a family—but more profoundly, it is a film shaped by the everyday rhythms we inhabit to live through and with one another.

Plate 555, 2025

16mm black-and-white film animation, hand-processed with coffee, transferred to 4K, silent, 50 seconds

A black and white stop-motion animation of a person walking plays on a cube monitor positioned on the floor. The grainy, degraded image stutters with each forward step, emphasizing the fragility and persistence of motion.



Description of Pedigree Plates, 2025
2 vinyl sheets, 60 x 45.5 inches each

Two pinkish, faded, large-scale vinyl prints reproduce pages from *The Treasury of Human Inheritance*, Vol. IV: *Nervous Diseases and Muscular Dystrophies. Part V. Dystrophia Myotonica and Allied Diseases* by Julia Bell, with clinical notes by J. Purdon Martin (Cambridge University Press, 1947). Originally published by the Galton Laboratory at University College London, the plates (XLV–LXI, Figs. 840–1063) document hereditary “pedigrees” tracing the transmission of neuromuscular disorders, reflecting the entanglement of medical science and eugenic classification.

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