**Teresa Tyszkiewicz** (1953–2020) was a Polish artist who lived and worked in France since 1982. Before she left for France, in 1978 Tyszkiewicz had graduated from the Faculty of Mechanics and Technology at the Warsaw University of Technology. In the late 1970s she was involved in the Foto-Art artists’ movement. Since 1978, together with Zdzisław Sosnowski, she co-created films and photographic works (e.g., *Permanent Position*, 1979) to finally take up her individual and independent artistic career in 1980.

Connected with experimental film, Tyszkiewicz contributed to the inclusion of the medium into the realm of art. She authored performances, objects, “pinned works” as well as large-format relief compositions. Radically subjective and based on intuition Tyszkiewicz oeuvre brings art closer to everyday life. Regardless of the medium she worked with, the artist was navigating between categories such as body art, performance or autobiographism.

Side by side with her well-known original experimental films appreciated by critics which documented intimate performances staged in front of a camera, Tyszkiewicz worked out an original method that delineated the direction of her creative work for the last four decades. The method uses pin, *épingle*, as a tool with which the artist expresses herself and her relationship with the world in a long-lasting process of pricking the matter; she records in her own, specific way her everyday struggle and builds-up a very personal space of expression.

Until now, Tyszkiewicz’s oeuvre was interpreted in the context of neo avant-garde, “consumer art” or the feminist movement although the artist never formulated a programme along these lines. Her creative method was neither founded on any theoretical or idealistic premises nor did it develop into a political discourse. From the very beginning it was consistently based on experience and very personal relationship with the organic matter. Within the framework of such a creative method, body, in which the artist fully trusted, remains the principal medium.

Teresa Tyszkiewicz works showcased in many group and solo exhibitions. They can also be found in a number of collections held by museums or private individuals, e.g., at Centre Pompidou, Musée d’Art Moderne de Paris, Musée Bohin in Paris, Muzeum Sztuki in Łódź, Zachęta -National Gallery of Art, and the Museum of Modern Art in Warsaw.