

How to turn a good day into a shitty day.

6 easy steps;

_If you are already in a good mood you can start reading the instructions from the number 3.

_If you are not sure you are in a good mood please start from the number 1.

1- we take some minutes for ourselves, make sure that nothing will distract you. Switch off your phone and any device that can bother you.

2- close your eyes and focus on your breathing. We start listening to our environment, focusing in all the noises around us. This will keep us in the present moment. When you feel relaxed, open your eyes while stretching like if you are waking up from a dream.

3- we take a paper or a material, on which we can draw or paint something.

4- we look and get familiar with it. We touch the surface until we feel that we are close and comfortable enough to start the drawing process.

5- we draw/ we paint

6- and now, enjoy how this day is switching from a wonderful day to a shitty awful day as the drawing progresses.

(It can happen that your day continues to be wonderful, this means that you have a very strong capacity for self-deception, and that your personal image does not correspond to reality since it is not normal to have so much self-esteem)

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Prizes and Scholarships

2016

“Award for III Edition Artistic Production”
Nominated, organized by Fundación Banco Santander in collaboration with Open Studio. Madrid, Spain. www.openstudio.es

2015

Nomination for the Biennial Centrum Sztuki Galeria EL, Elblag, Poland. www.galeria-el.pl

Solo

Exhibition

2016

“El tiempo que fue, el tiempo que era”. Solo exhibition. 28 Oct-28 Nov. Casa del Cable, Xàbia, Spain
www.artxabia.com

Group

Exhibitions

2019 Akvo Inauguration. Group Performance, Galerie Foe, Munich, Germany.

2019 Generation´19. 17 Video Portraits. Berlin Art Week, Studio Jorinde Voigt, Berlin, Germany.

2019 Untitled, Space Nouvelle, Innsbruck, Austria.

<https://www.spacenouvelle.org/group-show>

2019

“L’artiste devant sa toile”, group exhibition Marburger Kunstverein. Marburg, Germany

2018

“ Alpha Centauri and the Ocarinas”. Performance, Lange Nacht in Minna Thiel. Munich, Germany

2018

“Intertidal” Klasse Jorinde Voigt, Eva Grubinger and Pola Sieverding. Jahresausstellung ADBK, group exhibition. Munich, Germany

2015

“Dolna”, group exhibition, DUCHOWSKI Akademia Sztuk Pięknych w Warszawie, Warsaw, Poland

2015

“Odisea”, group exhibition, “Artistic fabric”, Barbara Łuczowskiak, Akademia Sztuk Pięknych w Warszawie. Warsaw, Poland

2015

“36/4” Performance at Teatr Akademia, group exhibition, Warsaw, Poland
<http://www.teatracademia.com>

2014

“Con Cabeza”, group exhibition, Espacio E10, Facultad de Bellas Artes, UCM. Madrid, Spain



Perhaps you've been there for a week