

CV

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Represented by Appel Art Gallery (Neofitou Vamva 5, Athens, 10674, Greece)
and Art Number 23 (Dim. Eginitou 8, Thissio, Athens, 118 51, Greece).

EDUCATION-QUALIFICATIONS

Mixed Media Fine Art BA Honours - University of Westminster, London, UK, 2014–2018.

BTEC Foundation Diploma in Art and Design- Sussex Coast College, Hastings, UK, 2011–2012.

Architectural Engineering BA (incomplete)– Technical University of Crete, Chania, Greece, 2008–2010 and 2012–2014.

SEMINARS AND TRAINING COURSES:

- 3 Days of Research with Olivier De Sagazan at the Duncan Dance Research Center in Athens, 9–11th of December, 2022.
- Intensive Butoh Improvisation Workshop with Yuko Kaseki: "Sphere of MAGIC x LOGIC", 25th–27th of November, 2022 Athens.
- Systemic and Family Constellations Training Course in Fundamentals, with the London School of Constellations, 2019 – 2021.
- Inner Engineering, online course by Isha Foundation, October–November 2020.
- Hypno–Constellations Certified Training, with the London School of Constellations, 23–25 f November, 2020.
- Final Cut Pro course, University of Westminster, January–March 2017.
- Photography seminar, Hellenic Centre for Photography, December 2013.
- Etching & Engraving at AKTO, Branch of Middlesex University of London, Athens, Greece, spring 2012.
- Psychology seminar, "Free University" of Athens, May–June 2011.

VOLUNTEER WORK

- Designing the newsletter of the non-profit organisation for the preservation of ancient amphitheaters "Diazoma", Athens, June 2010.
- Helping run and organise the Technical University of Crete's independent Theatre Group and Photography Group.
- Setting up independent free art events with the Random Artists TAA crew, in November 2016, March–April 2017, October–November 2017 and May 2018.
- Part of the crew of "The Better End" creative community project in Romford, greater London, May 2018 – May 2019.
- Hosting free yoga classes for the community at Britannia Row Studios, N1 8HU (following the 1–2m social distancing rules when those apply) and online.

Residencies and Artistic Development Programs

- Two week participation in "Flower of Death" butoh dance training at Stoa, October 2022.
- Month long "Performance Intensive" by Nomadic Dance Collective on contemporary dance, butoh and contact improvisation, March 2022.
- Resourcing the Ruins, a 3 day LADA DIY program led by Rachel Gomme, 29th of November, 13th of December 2020 & 17th of January 2021.
- Awarded the CuratorSpace Artist Bursary #12, in August 2021. ^

SHOWCASING EXPERIENCE:

Group Events:

- **"Void Madrigals"**, performance night of a collaborative tableaux piece at Π6 (old Chimeres space), 16th of December 2022, Athens.
- **Random Artists TAA event**, 6th – 8th of October 2022, at independent temporary location, Shoreditch High Street, London UK
- **Interlude by Artly Mix**, 30th of July – 13th of August, 2022, Sao Paulo, Brazil.
- **Around the World in 80 Artists** by UK COLLAB, 5th–22nd of May at ELECTROWERKS, London.
- **ART MAZE Exhibition**, curated by Exhibit Here, 23th – 17th of February 2022 at the OXO Tower, London.
- **TIDES**, 12th of February 2022 at SET Woolwich, London.
- **I(M)ATERIAL** online exhibition and publication by **Curating Futures**, launched March 2022 and per perpetually available on the website.
- **SONORA** Exhibition, 18th of November–18th of December 2021, ECHO'S STUDIO Rua Pelotas 400, Vila Mariana, Sao Paulo, Brazil.
- **Athens Open Air**, August 13th–27th 2021, Art Number 23, Dim. Eginitou 8, Thiseio, 118 51, Athens.
- **"Toward a New Spirituality"**, at the Lumen Crypt Gallery 22nd–25th of July 2021, London.
- **"REFRESH"**, 21st of April – 5th of May 2021, at the Frontier Gallery, Sheffield S2 5TS, UK.
- **"The wilderness Project"**, curated by Ric Stott in collaboration with The Haven (a charity in support of artists' mental health), 22nd – 4th of March, 2021 in the St Pancras Church and the Crypt beneath it, NW1 2BA, London UK.
- **"Earth Patterns"**, online exhibition curated by Shafiga Aghayeva, 17th of March 2021 – open ended.
- **Talk to Artists Exhibition Auction**, by Inspired Brave Art Collective, curated online and held on ZOOM, 29th –30th–31st of January, 2021
- **CONNECT**, digital weekender, hosted by Waterman's online via ZOOM, 21st–22nd of November, 2020.
- **Online Performance Art Festival**, 22nd–25th of October 2020, film screened on the 24th, 9pm UTC through the festival's website.
- **RESTART PROJECT** Digital Video Art Festival, 8th–9th of September 2020, Hosted by Bibart Biennale Internazionale d'arte and Eye's Walk Festival at Chiesa di Santa Teresa dei Maschi, Bari, Puglia, Italy.
- **"Mars and Beyond"**, 20th of February –15th of March 2020, at Bargehouse (Oxo Tower Wharf), SE1 9PH, London UK.
- **"Contemporary Fine Art"**, 7th–14th of February 2020, at Art Number 23, SE16 4DG, London UK.
- **KatArt Preview exhibition** for the upcoming KatArt Art Fair (scheduled for October 2020), 17th – 22nd of January 2020, by PallasArts, in Katara Cultural Village Foundation, Buildings 18,19, 22, Doha, Qatar.
- **"Seen Forms"**, 10th – 30th of January 2020, by Art Number 23, at HYB\$ Galerie Kampus Hybernska, Prague, Czech Republic.
- **STEEP 18 – Twelve compositions**, music and performance night on the 7th of December 2019, at the Intimate Space at St. Mary's Tower, N8 7BF, London UK.
- **"Vicious Circle"**, 6th of December 2019 – 6th of January 2020, at Art Number 23, SE16 4DG, London UK.
- **"SPILL YER TEA"**, "Live art and performance night hosted by DRIP, 20th of November 2019, at Constellations, L10BS Liverpool UK.
- **"Nou Wave I"**, hosted by the Nou Wave collective, at The Old Biscuit Factory, SE16 4DG, London UK.

- **"Synergig"**, 11th - 18th of October, 2019, at Art Number 23, SE16 4DG, London UK.
- **"VISIONS"**: Last part of the three part **"ANIMA MUNDI"** exhibition, by ITSLIQUID Group, 3rd of October - 24th November, 2019 at THE ROOM Contemporary Art Space, Palazzo Ca' Zanardi, Venice, Italy.
- **Random Artists TAA** event, 26th - 28th of September 2019, at independent temporary location, Lewisham, London UK.
- **SkronkDance #7**, 22nd of September 2019, at ExFed 199 Eade Road, N4 1DN London UK.
- **Mutual Fanclub Showcase**, September 14th, at SimpleGifts: Unitarian Centre for Social Action, E2 6LX, London UK.
- **EYES WALK DIGITAL ARTS FESTIVAL**, 26th - 31st of August, 2019, Various locations including the historic buildings of Lazareta, Syros Island, Greece.
- **"Exhibition Mexico"**, 5th-20th of August, 2019, at Ovalo Galleria de Arte in collaboration with Gallery Art Number 23, 03103 Del Valle Nte, cdmx, Mexico.
- **Anthropos Festival Gallery**, 13th - 17th of June, 2019, Baldock Hertforshire, UK.
- **"Dreams"**, 24th of May - 6th of June, at Art Number 23, SE16 4DG, London UK.
- **An Out Of the Ordinary Art Fair**, 6th of March, 2019, at the Psychedelic Society Headquarters, Greenhouse, E9 6AB, London UK.
- **Artrooms Fairs Roma**, 22nd - 23rd of March, 2019, The Church Palace, Via Aurelia 481, 00165 Rome, Italy.
- **"Dream States"** by NON DUAL, 15th of March, 2019, Hoxton Cabin, E2 8DP, London, UK.
- **"Love Stories "**, 7th-15th of March, Art Number23 at the Old Bisquit Factory, SE16 4DG, London, UK.
- **"The Body Language"**, by **Its Liquid** group, 21st of February - 22nd of March, The ROOM Contemporary Art Space, Calle Larga San Marco, 374, 30124, and Misericordia Archives, Cannaregio 3549 - 30121, Venice, Italy.
- **"Modern Panic"**, 16th-24th of November, 2018, Archive Gallery in the Rose Lipman Building, N1 5SQ, London UK.
- **"Present Perfect Continuous"**, 9th-14th of November, 2018, at Art Number 23, SE16 4DG, London UK.
- **"LAD\$ X FREEDOM"**, 6th of September, 2018, Freedom Bookshop, E1 7QX.
- **"LittleWolfParade Presents: SLAP 002"**, 19th of July, 2018, Rough Trade, Nottingham, UK.
- **Temporary Autonomous Alleyway Art + SLAP**, 5th of July, 2018, Freedom Bookshop, E1 7QX, London, UK.
- **Random Artists TAA** event, 2nd - 6th of May, 2018, at independent temporary location, Charlton, London UK.
- **"Art is Healing"**, 19th - 29th of April, 2018, Gallery West Project space, University of Westminster, London, UK.
- **"Resurrection"**, with Random Artists **TAA**, 30th of March - 29th of April, 2018, at The Bird's Nest, SE8 4RZ, London UK.
- **"Art, myself"** ("Η τέχνη, ο εαυτός μου"), 27th of March - 29th of April, 2018, at the Dépôt Art gallery, 10674, Athens, Greece.
- **"Random Artists Presents a Pop up exhibition fused with Tasteneon"**, 7th of March, 2018, at Swordtail Studios, E8 4DG, London UK.
- **"Incognito"**, 23rd - 28th of February, 2018, at Art Number 23, SE16 4DG, London UK.
- **"Surgery Slave"**, 2nd of November at For. Fuk. Sake., E8 4AE, London UK.
- **"HOME"**, arts & music festival by Random Artists **TAA**, 28th of October- 4th of November, 2017, at ExFed, N4 1DN, London UK.
- **University of Westminster BA Fine Art Degree Show**, 2nd-6th of June 2017, Ambika P3, University of Westminster, WC1E 6DE, London UK.
- **Random Artists TAA** event, 29th March - 1st April, 2017, at independent temporary location, Hoxton, London UK.

- **"CREATIVE 508"**, 24th - 31st of March 2017, at Kings Road Art Gallery, SW10 0LD, London UK.
- Random Artists **T**(emporary) **A**(utonomous) **A**(rt) event, 9th -12th of November, 2016. ExFed, Unit 4, 199 Eade Road, London.
- **"You break it, you buy it"**, 18th of May 2016, MMFA studios, University of Westminster, Harrow, London UK.
- **"EVEN THE AIR"**, 14th of May 2015, University of Westminster, Harrow, MMFA studios, London UK.
- **"WAXED"**, 26th of January, 2015, The Flying Dutchman, 156 Wells Way, SE5 7SY, London UK.
- **FINE ART MIXED MEDIA OPEN STUDIOS**, December 2015, University of Westminster, Harrow, London UK.
- **"PAIN-TINGS"**, 10th of November 2015, University of Westminster, Harrow, Room A3.09., London UK.
- **FINE ART MIXED MEDIA OPEN STUDIOS**, December 2014, University of Westminster, Harrow, MMFA studios.
- **"Fotoskiasis"** Photography Group Show, in collaboration with P-Public, 1st of June, 2011, Splatzia Square, Chania, Greece.
- **"Fotoskiasis"** Photography Group Show, 12th-18th of March, 2010, Immigrants' Support Free Social Space (Στέκι Μεταναστών)
- **"Fotoskiasis"** Photography Group Show, 15th-30th of May, 2009, Villa Koundourou, Iroon Politechniou, Chania, Greece.

Solo Exhibitions & Events:

- **"The Composition of Our Self"**, 7th-9th of October 2019, at "Poems and Crimes" Art Bar, Athens, Greece.
- **"As Seen In The Vision – a Painting Series"**, 1st-30th (extended from 1st-15th) of August 2017, at The Hive Dalston, E8 4DG, London UK.
- Exhibiting a series of recent paintings, at the alternative stage of the Transition Festival Promo Event, where I also did Live Painting, independent temporary location, London UK.
- **"HOLY HOLE"**, 4th-6th of July 2014, at "six d.o.g.s" multifunctional art/music/nightclub space, Athens, Greece.
- **"I DON'T KNOW WHAT'S INSIDE"**, 7th-12th of January 2014, at "Poems and Crimes" Art Bar, Athens, Greece.

Live Painting:

- **Shakti Odori**, psychedelic music night, London , 11th of February, 2023.
- **Organic Circus records lunch party**, London, 14th of January, 2023.
- **"Void Madrigals"**, a live performance fusion tableaux at Π6 (Old Chimeres Space), Athens, 16th of December 2022.
- **Anthropos Festival**, 8th-12th of September, 2022.
- **Small World Solar Stage**, Summer edition, 25th-29th of August 2022.
- **Small World Solar Stage**, Spring edition, 2nd-6rd of June 2022.
- **Anthropos Festival**, online streaming event, June 2021.
- **Anthropos Festival**, online streaming event, June 2020.
- **Small World Summer Festival**, 23rd- 27th of August, 2019, Headcorn, UK.
- **Anthropos Festival**, 13th-17th of June, 2019, Baldock, UK
- **Anthropos Festival pre-party and Psy Jelly anniversary**, 4th May 2019, The Loco Club, Bristol, UK.
- **"The Forest's power of Creation"**, 27th of April, 2019, independent indoor, London UK.
- **"Itchy Coo"** festival, 28th-30th of September, 2018, outdoor location near Glastonbury, UK.
- **"The Shadow of the Dark Shaman"** festival, 31st of August – 2nd of September, 2018, outdoor location near Stockholm, Sweden.
- **Small World Summer Festival**, 23rd- 27th of August, 2018, **Headcorn, UK.**

- **"Dionysia"** [with Kerlvin and Tadayan Digital Shiva Power], 7th of July, 2018, forest location, London, UK.
- **"Triplexity"** psychedelic Music & Arts Festival, 23rd-29th of May, 2018, Thoulstone Park, Westbury, UK.
- **"The Winter Fairy"** Music and Arts Fair, 2nd of December, 2017. T.Chances, London UK.
- **"Parvati Night"**, 4th-5th of November 2017, Boombox Lab E17 8AX London UK.
- **"The Shadow of the Dark Shaman"** festival, 1st-3rd of September 2017, outdoor location near Stockholm, Sweden.
- **Small World Summer Festival**, 23rd- 27th of August, 2017, Headcorn, UK.
- **Small World Summer Festival**, 25-29 August, 2016, Headcorn, UK.
- **"Dionysia meets Ritual"**, 21 May, 2016, The Flying Dutchman, Camberwell, London UK.
- **Transition Festival Promo Party**, 26-27 March, 2016, Independent Free Location in Park Royal, London UK.
- **"Little Harukaze Gathering"**, 5th-6th of March, 2016, independent temporary location in Dalston Kingsland, London UK.

Music & Sound Performances .

With solo project "Black Arrows" :

- **Skronktronic**, 8th of February 2023, New River Studios, London.
- **Oot Nitght**, 29th of January 2023, The Hoxton Cabin, London.
- **IntoX Extravaganza**, 12th of January 2023, Amp Studios, London.
- **Taa**, 7th of October 2022, independent location, London.
- **Ealing ExtraNormal**, 17th of September 2022, at OPEN Ealing, London.
- **Small World Solar Stage**, Spring edition, 23rd of May 2022, Headcorn.
- **SKRONKFEST**, 12th of August 2022, New River Studios.
- **OOOH Festival** London edition, 11th -12th of June, New River Studios.
- **Around the World in 80 Artists** Opening Night, ELECTROWERKS, London.
- **12 Years of Chaos**, 28th of February 2022, at The Black Heart, Camden, London.
- **TIDES**, 12th of February 2022 at SET Woolwich, London.
- **"IntoX Extravaganza" as Black Arrows**, 11th of November 2021 at Amp Studios, London.
- **TAA (Temporary Autonomous Art) as Black Arrows**, event of 7th-9th of October, 2021, in independent temporary location in Holloway, London UK.

Collaborations & Free Improv :

- **Skronktronic**, 8th of February 2023, New River Studios, London.
- **Oot Nitght**, 29th of January 2023, The Hoxton Cabin, London.
- **IntoX Extravaganza**, 12th of January 2023, Amp Studios, London.
- **Taa**, 7th of October 2022, independent location, London.
- **Ealing ExtraNormal**, 17th of September 2022, at OPEN Ealing, London.
- **Small World Solar Stage**, Summer edition, 25th of August 2022, Headcorn.
- **SKRONKFEST**, 12th of August 2022, New River Studios, London.
- **SKRONKSPEAK**, 16th of June 2022, New River Studios, London.
- **OOOH Festival** London edition, 11th -12th of June, New River Studios.
- **Around the World in 80 Artists** Opening Night, ELECTROWERKS, London.
- **12 Years of Chaos**, 28th of February 2022, at The Black Heart, Camden, London.
- **"IntoX Extravaganza" with "Crepundia" band**, 13th of January 2022 at Amp Studios, London.
- **"The Soft Animal of your Body"** (exhibition opening) with **NinePines**, 27th of November, at By our Hands space, Nottingham.

- **Oooh Festival**, free improv/experimental music and spontaneous arts festival, 19 - 25th of July, 2021, Ragusa Ibla, Italy.
- **Oooh Afloat Festival**, free improv/experimental music and spontaneous arts festival, 25th-27th of June, 2021, New River Studios, London.
- **'The Altestra'** performing 'Ringing & Screaming', by Blanc Sceol at the outdoor Dalston Market after hours, London Uk.
- **Oooh Festival**, free improv/experimental music and spontaneous arts festival, 17 - 25th of August, 2020, Ragusa Ibla, Italy.
- **"Bardo"**(exhibition opening) **with NinePines**, at Chaos Magic, Nottingham.
- **Oooh Festival - Tel Aviv**, free improv/experimental music and performing arts festival, at Zimmer, 26th-28th of December, 2019.
- **Oooh Festival - Amsterdam**, free improv/experimental music and performing arts festival, at De Ruimte, 22nd - 24th of November, 2019.
- **Linear Obsessional**, 29th September 2019, at ArtsCafe, SE13 5QZ London UK.
- **COS #59: ræppen - bell lungs - ninepines**, 19th of September 2019, at JT Soar, NG1 1DF, Nottingham, UK.
- **Skronkfest**, free improv/experimental music and performing arts festival, 17th of August, 2019, at New River Studios, London UK.
- **Oooh Festival**, free improv/experimental music and spontaneous arts festival, 18th - 25th of July, 2019, Ragusa Ibla, Italy.
- **"Oooh meets Skronk"**, free improv music festival, 9th-13th of May, 2019, at New River Studios, London, UK.
- **"LongPlayer Day"**, day long event on the 20th of June, 2019 happening at various locations from Goldsmiths to Trinity Buoy Wharf.

Playing at the bi-monthly, **Skronk**, experimental free improv music events at New River Studios, London UK, since early 2019.

Film Festivals & Screenings:

- **The_ostranenie_theatre**, film screening at "The Plough" (Farnham, UK), 24th of May, 2022.
- **Sicily Art Cinema Festival**, semi finalist with "Reflections of Entanglement", December 2021.
- **New York International Women Festival**, with "Reflections of Entanglement" for best Cinematography in a Short Film, screened on December 11th, 2021
- **The IndieFEST Film Awards**, with "Reflections of Entanglement" for Best experimental film, November 2nd, 2021.
- **Madrid Arthouse Film Festival**, semi-finalist with "Reflections of Entanglement", October 2021.
- **Berlin Shorts Award Best** with "Reflections of Entanglement" experimental short, Best female director, screened on October 29th, 2021.
- **GLIFF - Golden Lemur Film Festival**, award winner with "Reflections of Entanglement", on Best Experimental, Cinematography, Best Original Score, Best Original Soundtrack Best No-Dialogue Film, screened September 22rd, 2021.
- **London Independent Film Festival**, showing "Reflections of Entanglement" on April 9th, 2021.
- **Online Performance Art Festival**, 22nd-25th of October 2020, film screened on the 24th, 9pm UTC.
- **Darkroom Festival II**, 28th of September 2019, at Deptford Cinema, SE8 4PQ London UK.
- **Μέσα από Σένα (Through You)**, Theatre ELIART, 28th of September - 6th of October 2019, Athens, Greece.

Artist Talks:

- **TALK TO ARTISTS**, exhibition/auction and artist talk event 29th of January, 2021.
- **ART LAB**, 4th of January, 2021, delivered via ZOOM and curated by Alice Bradshaw and Art Lab at Dean Clough.
- **CONNECT** Digital & Performing Arts Online Weekender, with artist Q&A, sponsored by Waterman's and hosted by Maria Almena & Klio Krajewska.

Radio and sound-based online events:

- **Sonic Electronics - Female Noise Composers**, presented by IKLEKTIC (off-site), 20th of May, 2021, aired on YouTube, Facebook and Twitch https://www.youtube.com/watch?v=wJ5auavGr7M&feature=youtu.be&ab_channel=IKLECTIK
- **Penny Drops, Episode 10: Rebirth** - Aired on March 1st, 2021 on soundcloud <https://soundcloud.com/snitchsounds/penny-drops-episode-10-rebirth>

Publications:

- Contribution to "**Strange times**", 2020, an independent collaborative art and creative writing edition.
- **(Im)material**, virtual catalogue and artist publication for online group show launched in 2022.

Other independent creative work:

- Designing several posters for gigs of music bands, as well as album covers and other promotional material, a couple of theatre productions and one book (published by "Gavrielides Books", Athens, summer 2012).
- Organising independent Art & Music Jam Nights within the communities I have lived in, the last nicknamed "The Nursery", in Hendon London.
- Freelancing as a tattoo artist, since 2016 and a holistic massage therapist since 2018.
- Creating workshops.

INTERESTS

Music/Sound design – multi-instrumentalist (guitar, bass guitar, keys/piano, flute, didgeridoo etc), have an ever-growing sound Library and do basic music/sound production. This contributes to my fine art practice, which often incorporates music and sound in various ways.

Theatre – participation in plays as an actor, set designer and graphic designer for posters in 2010 and 2013.

Dance – Background in Ballet, Contemporary dance, Belly Dance, Tango and butoh dance.

Flow arts – performing hoop, poi, contact/dragon staff, fire palms, fans and torches.

Holistic health & spiritual practice - yoga practitioner/occasional unofficial teacher, learning and experimenting with sound therapies and massage therapy, researcher of various spiritual traditions with particular interest in the surviving shamanic traditions, and assistant-facilitator of relevant ceremonies.

OTHER SKILLS

Software/Applications: Photoshop(Adobe Certified), Illustrator, Final Cut, Logic Pro.

Languages: English, Greek (fluent), French, Italian, Spanish (intermediate)