

CV

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Represented by Appel Art Gallery (Neofitou Vamva 5, Athens, 10674, Greece)
and Art Number 23 (100 Clements Road, SE16 4DG, London UK).

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:

- Etching & Engraving at AKTO, Branch of Middlesex University of London, Athens, Greece, spring 2012.
- Psychology seminar, "Free University" of Athens, May–June 2011.
- Photography seminar, Hellenic Centre for Photography, December 2013.
- Final Cut Pro course, University of Westminster, January–March 2017.
- Systemic and Family Constellations Training Course in Fundamentals, with the London School of Constellations, 2019 – 2020.
- 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.

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.
- "Green Lobster" Pizza, Equinox Festival, 16–18 September, 2016.
- 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

- Resourcing the Ruins, a 3 day LADA DIY program led by Rachel Gomme, 29th of November, 13th of December 2020 & 17th of January 2021.

SHOWCASING EXPERIENCE:

Group Events:

- **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, 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 Hyberniska, 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 Hertfordshire, 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 Biscuit 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:

- **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 Kerlivin and Tadayan Digital Shiva Power], 7th of July, 2018, undisclosed forest location, London, UK.
- **"Triplicity"** 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 Performances:

- **Oooh Festival**, free improv/experimental music and spontaneous arts festival, 17 – 25th of August, 2020, Ragusa Ibla, Italy.
- **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 Screenings and Artist Talks:

- **ART LAB**, 4th of January, 2021, delivered via ZOOM and curated by Alice Bradshaw and Art Lab at Dean Clough.
- **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.

Publications:

- Contribution to **"Strange times"**, 2020, an independent collaborative art and creative writing edition.

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.

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 and dragon staff.

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 (fluent), Greek (fluent), French (intermediate).