



Tanaz Assefi

I was born and raised in Iran, now living in London. For this exhibition I have explored series of self-portraits. You can see me inside out! I believe in the therapeutic elements of being creative and working with colour. I work mainly with acrylic ink and acrylic paint.
www.tanazassefi.com



Constantin Botezat

My works, both on canvas and on paper, contain a careful reflection on the potentiality of the image. The themes are the landscapes, culture and traditions of my country.
www.instagram.com/constantin.botezat



Jonathan Dean

These images began life as overlays of lines from figures. The 'freeing up the mind' element was in following the suggestions made by the lines and shapes - i.e. being open to subconscious suggestions and intuitions. A similar response is invited in the viewer...
www.jonathandeanpainting.com
www.instagram.com/jonathandeanpainting



Eva Edery

Eva Edery creates fine art with glass and strives to make her pieces timeless, bold and vibrant. Eva gets inspiration from human experiences and interpersonal relations, from healing to looking positively at the future. Her collections are found both in the UK and abroad.
www.evaedery.com
www.instagram.com/evaederyglassart



Ruth Hart

My pieces are a depiction of how paranoia, mania and voices your head affects a persons' sense of self. The pieces were made as part of a series to depict day-to-day psychological struggles with these symptoms and reveal how the mind can feel divided due to the chaotic cycle of psychotic symptoms.
www.instagram.com/Ruthharts_art
www.facebook.com/ruthhartsart



Harvey

Harvey questions the self and what influences have drawn us to conclusions as agent. His work challenges 'mass superficial wish fulfilment' in which we are all complicit, for consensus not to be an outsider?

useyourhead666@hotmail.com



Yolanda Y. Liou

I use digital, analogue and mixed media with a focus on underlying narratives suggested within and outside the frame. Utilising available resources, I invite the unpredictability of the process to intervene in the image making.

<https://yolandaliou.com>

www.instagram.com/yolandaliou



Fabiola Retamozo

Fabiola practice focuses on sketching, painting sculpture, Installation and collaborative art. Line and space are her main subjects. The use of handmade materials, handmade paper, acrylic, ink and a bamboo stick makes my works akin to poetry with the aim to create atypical works.

www.fabiolaretamozo.com

www.instagram.com/qalluna



Ian Robertson

Ian is a London based artist whose current work Temporal Fragments - trace/memory and trace/decay are from a series of works preoccupied with the function of memory, transience and the subjective experience of time and place. The working title Temporal Fragments indicates the tenor of this encounter, which without being descriptive of specific places has been concerned with the way in which place/site evoke and engage human presence.

www.ianrennierobertson.com



Carole Thomas

For me Free Up the Mind is about unravelling, letting go, escaping through trance and finding inner harmony and balance. My painting processes reflect these different energies as part of the journey of hope, rediscovery and renewal.

www.caroleclarethomas.co.uk

www.instagram.com/carolethomasart



Martini Yoganini

The mind has pattern and it funny what sometimes happens when you think you have set it free! They mind can be exported and you find your thoughts have expanded contracted or even solidified! Sometimes.

www.facebook.com/Martiniyoganini

***espaciogallery**

159 Bethnal Green Road, London, E2 7DG

www.espaciogallery.com

[@espaciogallery](https://www.instagram.com/espaciogallery)