

## **BIO**

Born in Milano, Italy in 1968, Antonella had an introverted nature and a deep sense of observation towards nature and natural phenomena.

She has always been intrigued and fascinated observing biomorphic shapes, interweaved forms and the flow of fluids, liquid and gases.

While she was spending time observing waves, roots, rocks, trees, roots, branches, fire places, smoke etc., she absorbed the 'movement of nature' that, as she discovered many years after, is responding to the rules of sacred geometry, fractals and algorithm patterns.

She was also fascinated by the human body its anatomy, physiology and possibilities of movement and expression. She graduated in physical education and discussed a thesis on physical expression for adults.

In the same years she became a professional contemporary dancer and after working with a company in Italy for several years, she moved to Brussels, Belgium, where the contemporary dance career continued with different companies in Belgium, Slovenia, UK and Holland. She established herself in Brussels.

After different injuries, that stopped her to dance professionally, she directed her artistic creativity towards other forms of art and she had a cathartic moment in creating the X-Ray Labyrinth, an installation build with X-Rays, that has been her reflection on life, disease and death and allow the audience to have the same experience.

The Lab installation passed the first selection at Laguna Art Prize in Venice in 2015.

She studied sculpture/volume with Lucia Bru for seven years at ACA St. Gaillart in Brussels, where she graduated and always in Brussels she studied video art with Erick Nerinckx for two years.

Drawing has always accompanied the different form of art, but it was in Thailand during a two months trip, that became her main form of expression.

She found in the drawing practice a form of ritualistic meditation and the channeling expression of her inner vision of reality and a graphic expression where all her observations from her early age could take form.

In her fields of interest there is also philosophy, physic and spirituality. She has been always interested to finds the big answers to life and death and questioning the purpose of being a human being acting in this world and our responsibility towards the protection of the environment.

Her physical activity and interest for the body and mind development transformed from dance into yoga and she became a teacher in both yoga and meditation.

She found a link between the flow state of mind reached by meditation and the flow state of mind of artistic creativity.

She has as well developed a form of teaching drawing, that comes from the experience of contemporary dance processes of creation, but that is also interweaved with the meditation state of mind and personal expression.

In her workshops she aims to guide people to find a personal sense of freedom in drawing.

She introduces in her work elements of technical composition taken from contemporary dance improvisations and facilitates the personal expression of her students through different stimuli that tap into memories and emotions.