

MARTA MANDOLINI

MINDFUL ART & LIVING

PORTFOLIO

Art

Marta Mandolini
PSICOLOGÍA, COACHING, ARTE, DISEÑO



ART STATEMENT

Art saves me from the bad days and makes me savour the sweet days. A sense of gratitude, calm and freedom is what Art suggests to me as I express myself through **paintings and urban sketches, inspired by my travels or daily life elements. But Art to me is also tension, impulse, creative fight in those days where I lose myself in the middle of things.**

I like to be surprised and amazed by **contrasts in colors in nature and by cosy, sweet urban and interiors landscapes.** Also I like sensing my brush strokes as they dance on the canva while I create some **intuitive abstract paintings.**

Sometimes making art it's really **a fight with my impatience and wish to make everything perfect!** Until I just start to **write (often hidden) words on the canva,** take distance, the pressure get smaller and I can **connect with myself, let go, and the paint is ready!** In all its completeness!

With time Art has become a mindful practice that helps me in living the present moment and accept all the contraddictions in myself without judgements.

I like to share my art with people who want to **add some color and energy to their lives,** wishing them a mindful moment while they **contemplate my paintings in their offices or in their homes.**



PAINTING &
AROUND!

*inspired by trips and
nature*



The garden of magic, Marimurtra, Costa Brava, 2021
Acrylic paint and oil pastels on Figueras Fine Art Paper,
48x38cm

*Abstract
flowers*



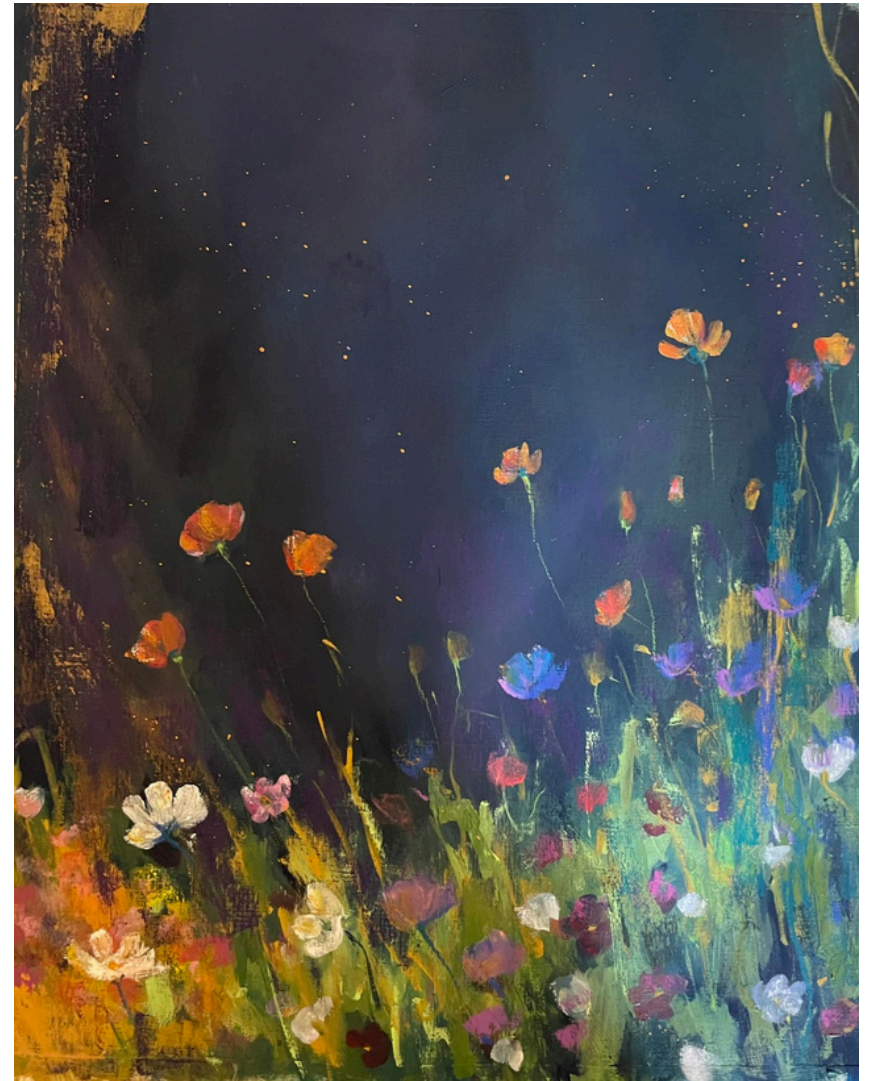
The garden of Marimurtra, Costa Brava, 2021
Acrylic paint and oil pastels on Figueras Fine Art Paper,
48x38cm

Paintings inspired by Flowers I see while walking
in nature, or that I imagine when I am in the city!



Poppies in Tuscany , 2021

Acrylic paint and oil pastels on canvas, 54x65cm



Nocturnal flowers in Tuscany , 2021

Acrylic paint and oil pastels on canvas, 54x65cm

These paintings are mixed media works which include acrylics and oil pastels. Different sizes are available upon request.

Travel-inspired Paintings



Finland Sun , 2022

Acrylic paint and oil pastels on canvas,
54x65cm



Ireland Love , 2022

Acrylic paint and oil pastels on canvas,
54x65cm

Intuitive paintings inspired by nature in Finland, Italy, Ireland and Spain



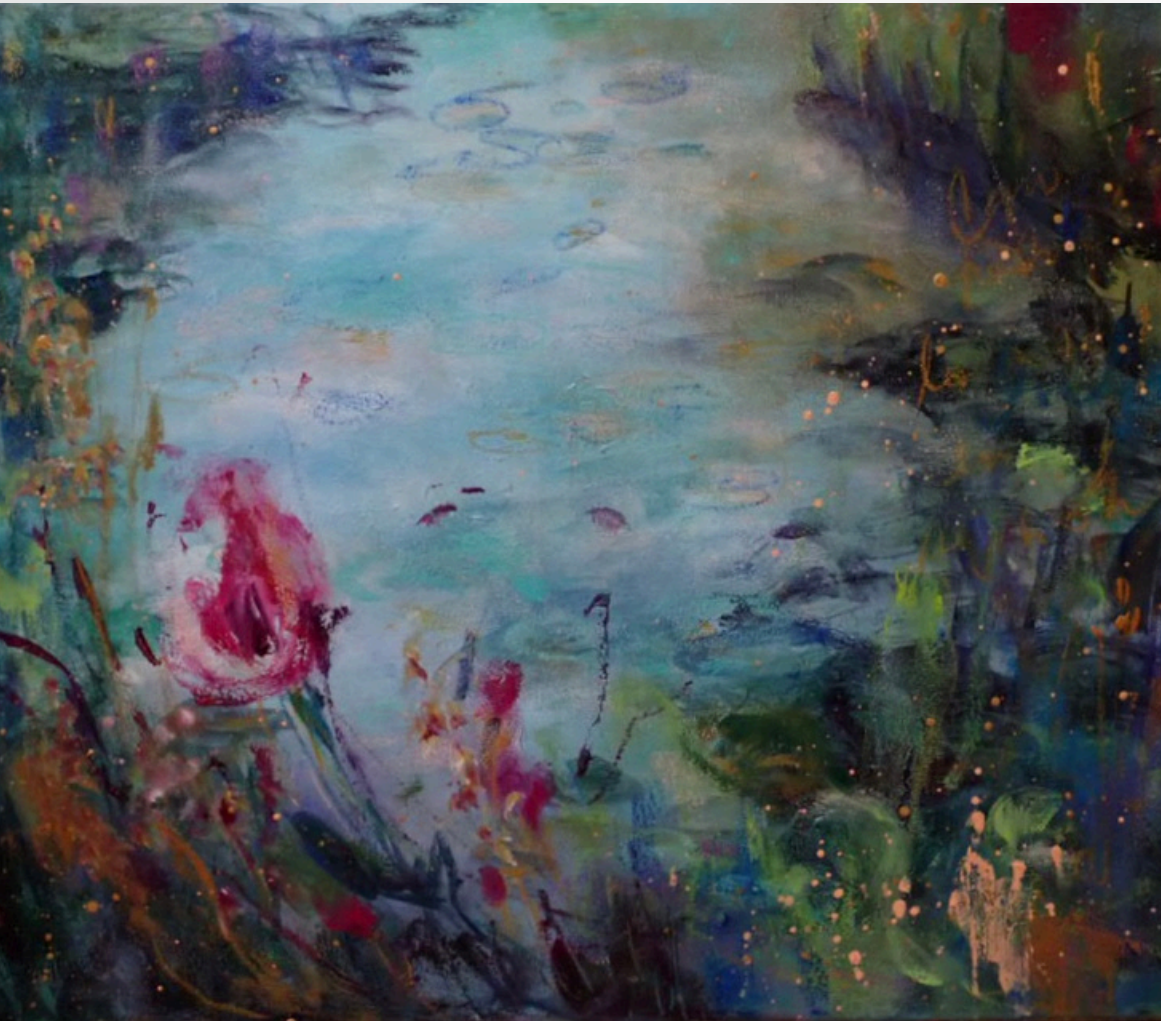
Blue Grotto sea cave in Capri, 2023
Acrylic paint and oil pastels on canvas,
54x65cm



Luna llena en Badalona, 2023
Acrylic paint and oil pastels on canvas,
54x65cm

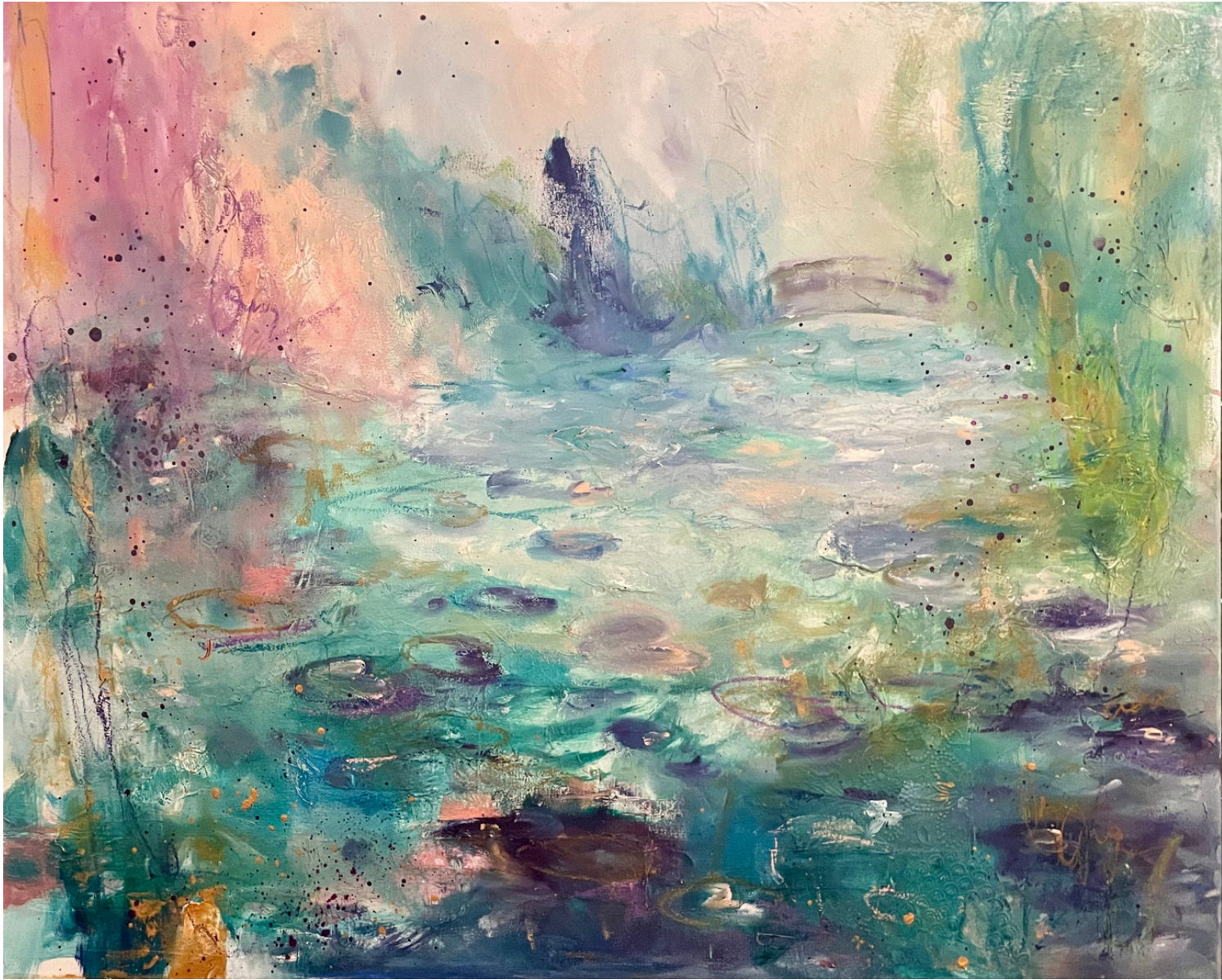
Acrylic on canvas - Intuitive paintings inspired by nature in Finland, Italy, Ireland and Spain

Inspired by
Monet's house in
Gyverny



Nocturnal Roses in Vernon, 2024
Acrylic paint and oil pastels on canvas,
50x60cm

Flowing around Monet's garden
in Gyverny, 2024
Acrylic paint and oil pastels on canvas, 60x50cm



Impressions of Monet Garden in Giverny

2024 Acrylic paint, oil paint, and oil pastels on canvas, 80x60

ARRANGE, PAINT
AND INVENT!

*inspired by daily life
personal objects*

Oil paintings

In these oil paintings I arrange daily life objects such as shoes, tea pots, glass jars or other objects and create a story inspired by the visual result. They all keep a kind of vintage romantic touch.

In this "Appreciation letter" I created a composition that is about appreciation and gratitude. A canva displayed on the back, a vintage bottle where they used to store therapeutic balms and plants extracts, an old glass perfume container, a small ceramic house I bought in Kyoto, a traditional letter on Florentine traditional paper (inside). In the letter there are some gratitude statement I had written a few months before.



Appreciation letter, 2020, Oil paint on wood,
40x40x3cm



Imagining woman Tea time
2020
Oil paint on Fine Art
Figueras paper, 65x50cm

During a design event in Florence a few years ago I used to wear this great shoes I bought in London by Irregular Choice, but they were pretty small so I just wore them a few times. The teapot was given to me as a present by one famous artist and ceramist in Florence, Paolo Staccioli. So, in the painting I decided to combine the two elements for an event that never will become true: drinking tea in that teapot wearing those shoes. Viewer can actually see what they want! tea after love, abandoned shoes, Alice in Wonderland's teaparty and so on! I choose oil to create the soft atmosphere.

The painting was painted after a trip to Naples, where people are used to order a "caffé sospeso". "Caffé sospeso" is where a person pays an extra coffee at the bar, and leaves it prepaid, in case a future customer with financial limitation asks for it.



A "suspended coffee", 2019
Oil paint on wood, 40x40x3cm

VIBRANT
ABSTRACT
PAINTINGS

*inspired by the flow
of my emotions!*



Therapeutic writing

Sometimes I feel overwhelmed by my emotions or thoughts and I would like to paint something but at the same time I am so tired that I cannot start. So I just manage to add color on the paper and write what I feel, or random sentences or words about what I see, or some encouragement statement. Most of the time at the beginning I do not like the result, but at a certain point, by writing words, I unlock my perspective, and paint is there in all its completeness!

*little samples
on canvases*





A jump in the blue, 2021

Acrylics and oil pastels on canva 55x65cm



Coocon Green and Pink, 2021

Oil paint on Figueras Paper, 55x65cm

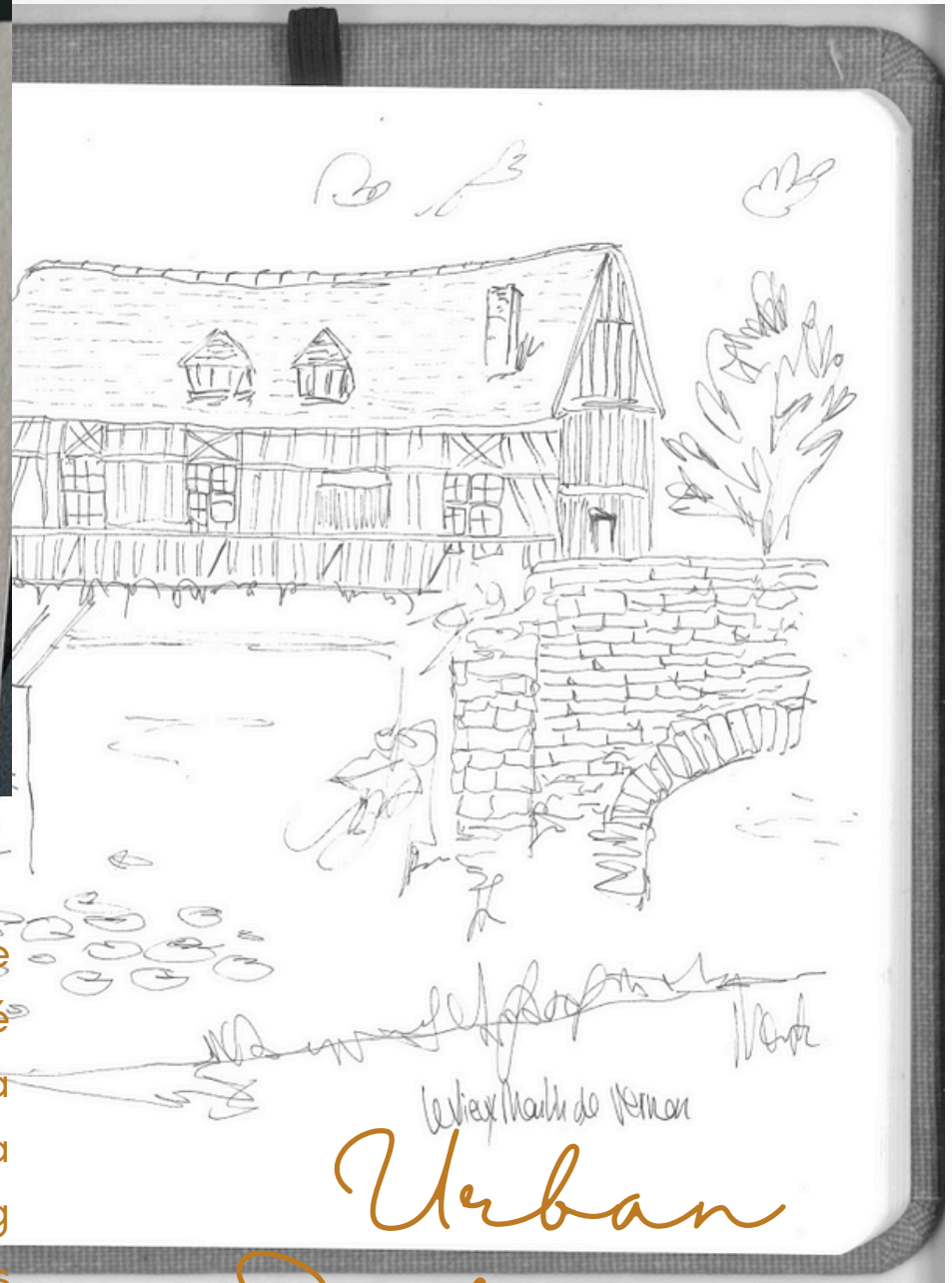
changing the tone..

EDITORIAL
PROJECT

Coming Soon!



A school at English
in Lettbrück



Let's go back to Vernon

Urban Sketching

Urban sketching is one of my favourite activities to start the day! Sitting in a café sketching what I see, or sketching from a picture I took! I consider my little sketches a treasure of life, while I can be myself, taking some time for my self, even just 10 minutes before or after work or a little break while travelling!

BEHIND THE
SCENE..

*Sharing art
with others..*

Workshops Libre Mente Art



With my project Libremente Art (Libre=free, mente=mind) I support people and companies in the achievement of work-life balance and the acquisition of stress management skills and mindfulness life style practices through Art.

ABOUT ME

Visual artist, Art Teacher, Clinical and health Psychologist, Creative Coach, born in Florence, Italy, now based in Barcelona, Spain.

Main collaboration and projects:
Europass Teacher Academy,
Florence Design Week, London Design Festival, China (Shenzhen) International Industrial Design Fair, Festival, Cadaqués Costa Brava Sensorium, Posidonia Festival, Drap Art, Florence Biennale, National Central Library of Florence, Archivos de Florencia, Barcelona Italia Festival, Coast Day Barcelona, El Festival del Viaje.



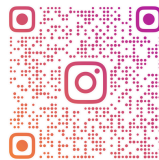
HOPE TO MEET *Soon* YOU

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