

MARIA FRAGOUDAKI

**Sometimes I Cannot Control Myself...**

(on Cover) detail Collage 70"x 56" 2012

MARIA FRAGOUDAKI  
**"SUPERHEROES"**



**Mpeikon**

Collage on canvas  
98"x54" 2013

### **New York, October 2013**

Maria Fragoudaki was born in Athens in 1983. She studied chemistry, pharmacology and business management in London where she subsequently worked for a few years. She started painting systematically in 2008 and over the last 5 years she attended various art residences, courses and seminars in painting & fine art in New York and London.

Her work utilizes a wide variety of media such as oils and acrylics on large canvas surfaces and she has also produced other mixed media works incorporating the technique of collage.

Over the last 4 years Maria has participated in numerous group exhibitions in New York, Belgium and Greece and has also presented her first solo exhibition in Skoufa Gallery in early 2011.

She is currently working on her forthcoming solo show in New York. Her work has been acquired by private and corporate collections in New York, London, Greece and Belgium.



This body of work comprises of a series of paintings where superheroes, and particularly the Hulk, are very central to my creative process. I was originally drawn to the Hulk by his constant struggle to control his strength. There is a human aspect in this struggle that creates an empathy with the Hulk, which I try to express through his appearance in my paintings.

I believe it is this human element, the fragility behind immense strength that makes many people identify with aspects of the Hulk. I am drawn to this explosive, passionate expression of feelings from an otherwise quiet, sensitive and reserved person. When those feelings, and particularly anger, become too strong to hold inside, a transformation occurs.

In this series of paintings I dare to talk about things that are very personal. I never felt afraid to show how I feel I was however sometimes conscious of how exposed I got. With this series of work however I surpass every fear and I communicate things that are very personal through the image of the hulk shown on most of my paintings.

This image helped me not only release all my thoughts and energy but also helped me feel safe. In my studio I created a “hulk nest” where I could lose myself, let go of everything and transform every raw canvas in front of me into a Hulk painting.

Throughout my life and especially the last two years I have been struggling to find balance and feel connected. Connected with myself, connected with my family, connected with my friends. During this struggle there were many times when I felt I needed extra powers and strength and this is when the whole concept of the superheroes and not just the Hulk became alive.

This series of paintings coincides with my arrival to NY and the residency at the School of Visual Arts two years ago. Obviously NY was a major inspiration, as well as a place where the superheroes fitted so well. At this point of my life I feel that the superheroes are so present and have inspired me to such an extent that this solo show is only the beginning.

**Maria Fragoudaki**



**Alter Ego I**

Collage on canvas

39"x39" 2012



**I Will Do It Anyway**

Mixed media on canvas

66"x64" 2013



**Alter Ego II**

Collage on canvas

55"x51" 2012

**Superheroes' Costumes**

Mixed media on canvas

98"x54" 2013







**Sometimes I Cannot  
Control Myself**

Collage

70"x56" 2013

Detail - opposite page

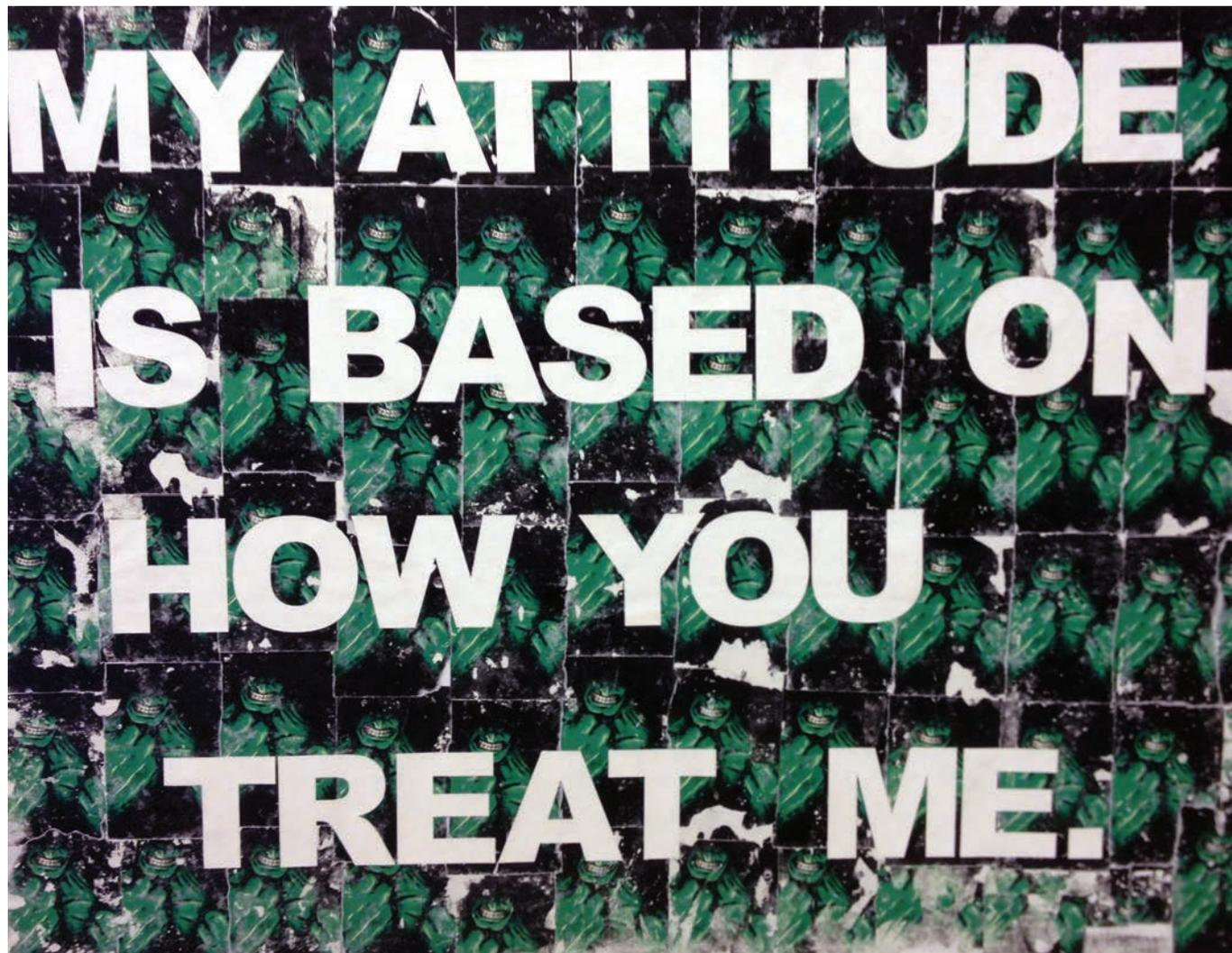




**Attitude II**

Collage on canvas

90"x40" 2013



**Attitude I**

Mixed media on canvas

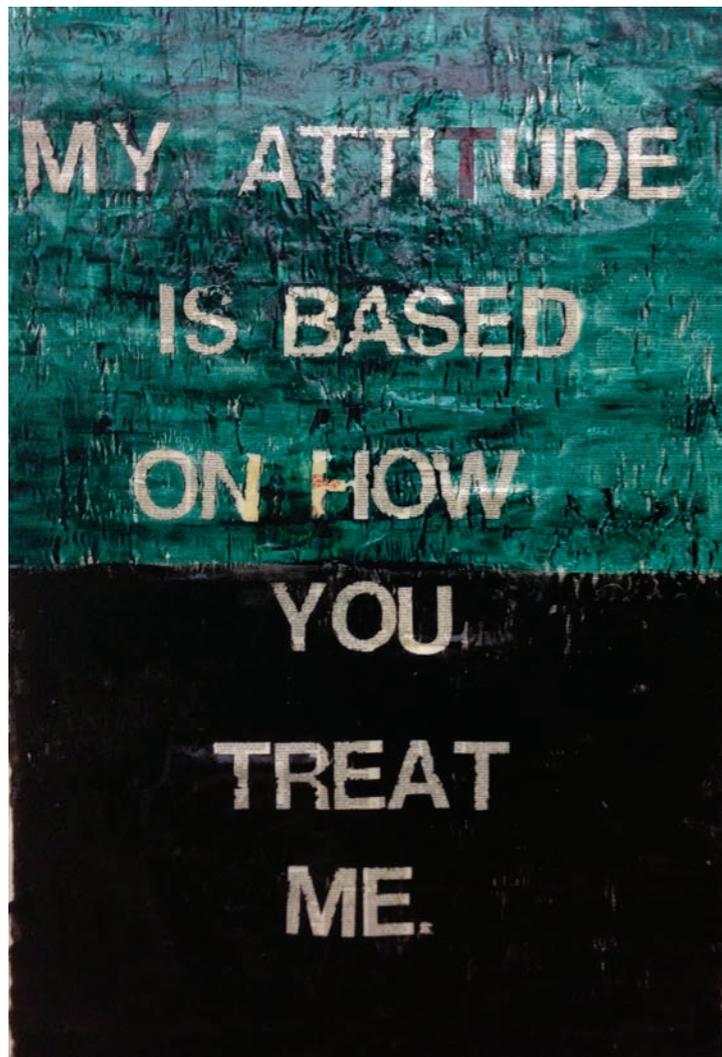
77"x59" 2013



**Boiling**

Mixed media

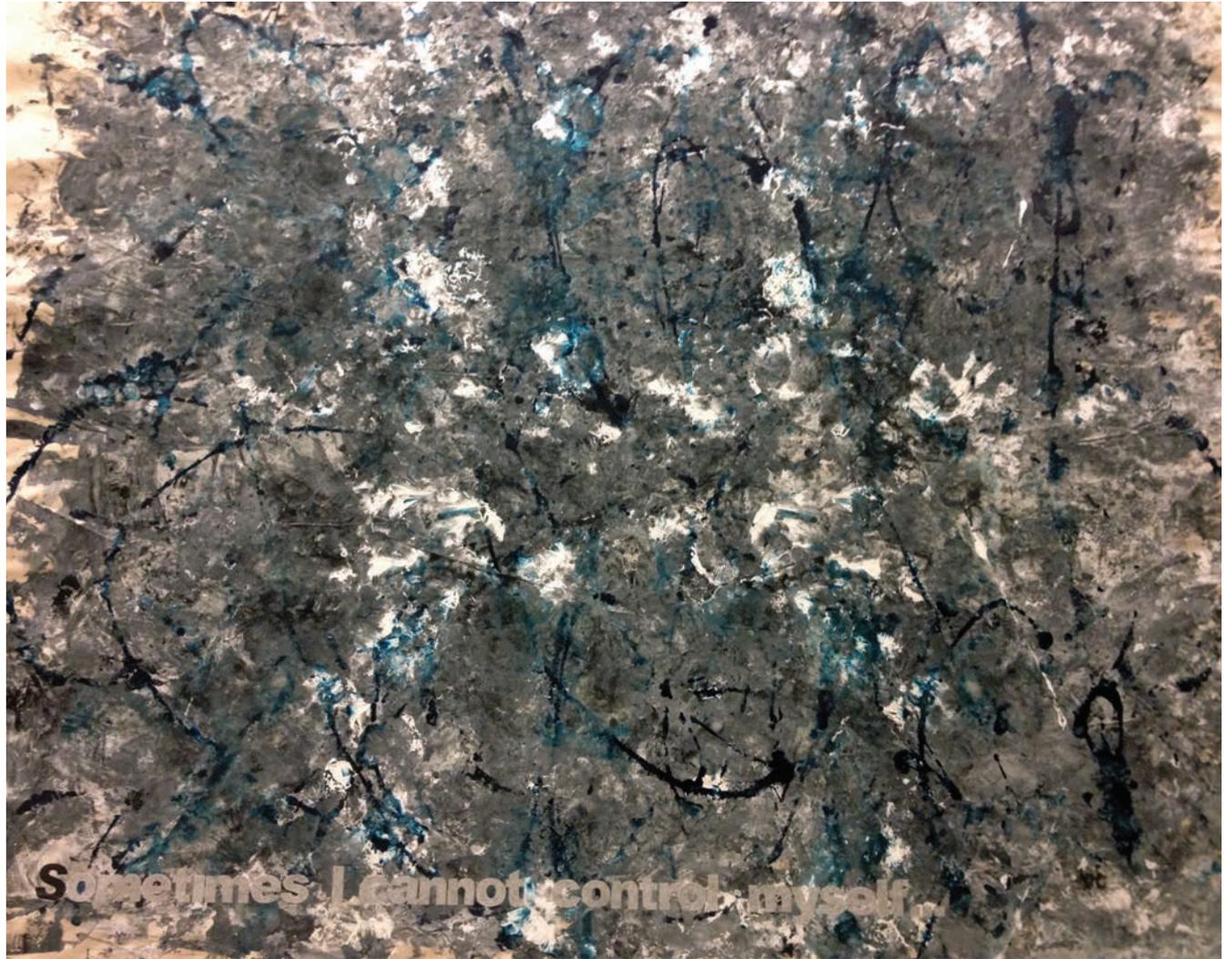
66.5"x48.5" 2013



**After 10 Months**

Mixed media on canvas

31.5x53in 2013



**Hulk Tango**

Mixed media on canvas

77"x72" 2013



**Hiding**

Mixed media on canvas

48.5x65.5in. 2013

# Maria Fragoudaki

Curriculum

## SOLO EXHIBITIONS

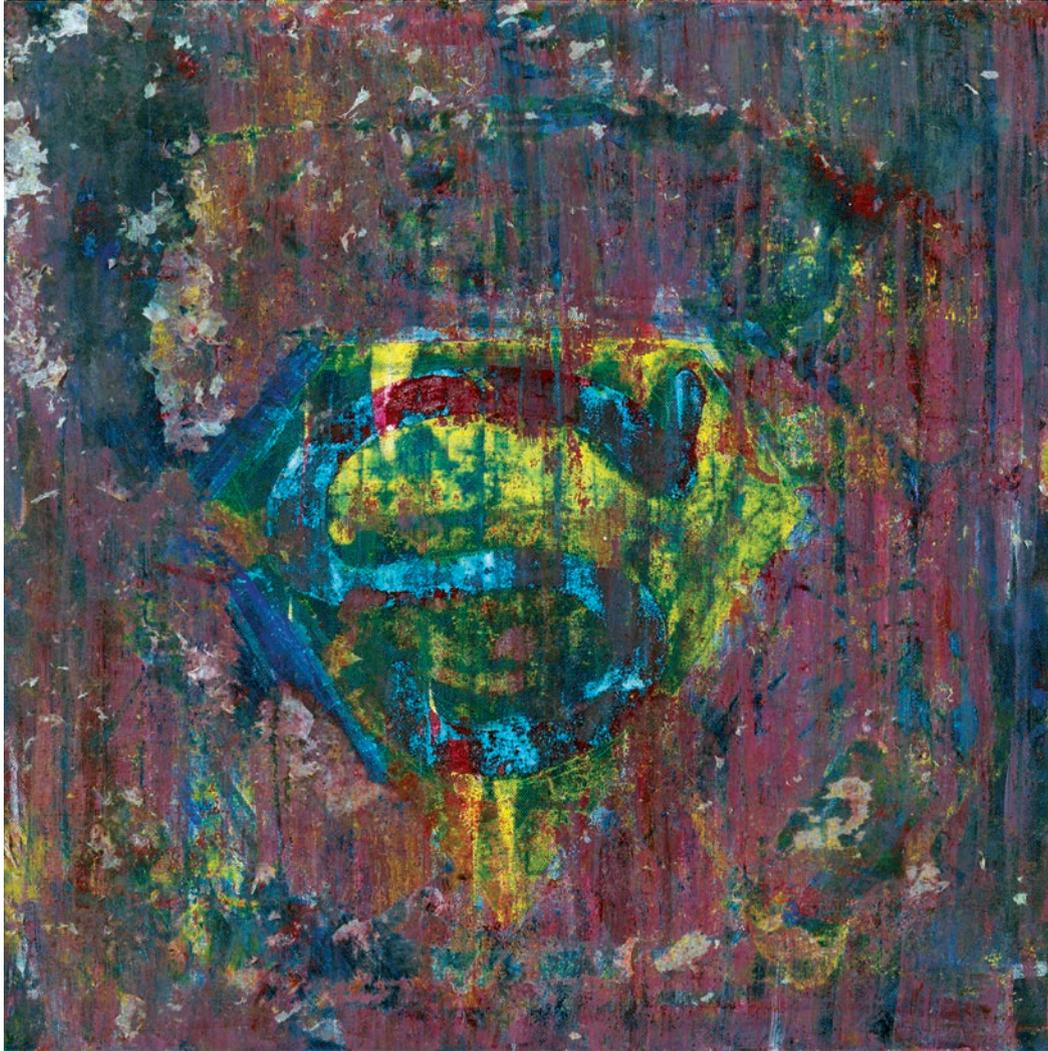
- 2013 **Superheroes:** One Art Space Gallery, New York, NY, USA  
2011 **Namesake:** Skoufa Galley, Athens, Greece

## GROUP EXHIBITIONS

- 2013 **Smyrni:** The Historical and Folklore Museum of Aegina, Aegina, Greece  
**Aegeanale:** Kivotos project, Myconos Island, Greece  
**Talking about the Future:** Melina Mercouri Foundation, Athens, Greece  
**Smyrni** IANOS Art gallery, Thessaloniki, Greece  
**The Art of Giving:** Art auction, Athinaiis culture center, Athens, Greece
- 2012 **Art Gent:** Gent, Belgium  
**Smyrni:** IANOS Art gallery, Athens, Greece  
**Surprise IV:** ArtAZ, Texnopolis, Athens, Greece  
**Be.Arty exhibition:** Gent, Belgium  
**SVA Open studio exhibition** School of Visual Arts, NY, NY  
**Winery:** Lemos Center Gallery, Athens, Greece  
**The Other Greece:** Kouros Gallery, NY, NY  
**Surprise III:** ArtAZ, Texnopolis, Athens, Greece
- 2011 **Greece:** Skoufa Gallery, Spetses Island, Greece  
**Fundraising Art Auction:** Goulandris Natural History Museum, Athens, Greece
- 2010 **Give me a sign:** Artville Gallery, Athens, Greece

## RESIDENCIES

- 2013 SVA residency: Painting and mixed media, SVA, New York, USA  
2012 SVA residency: Painting and mixed media, SVA, New York, USA



**Rising**

Mixed media on canvas  
98x54in. 2013

The deafening and fierce speed of New York City triggers Maria Fragoudaki's anxieties and inner battles, exposing her to a more complex side of human existence and vulnerability. As a result, the great Superheroes came to live and influenced this body of work. As many artists that have been influenced by Pop Culture, Maria chooses Superhero characters and pictorial narratives to explore emotional territories to find answers and to be able to connect with her own traditional values.

"This series of paintings coincides with my arrival to NY and the residency at the School of Visual Arts tow years ago. Obviously NY was a major inspiration, as well as a place where the superheroes fitted so well. At this point of my life I feel that the superheroes are so present and have inspired me to such an extent that this solo show is only the beginning." With a serious academic education and a clever perspective, she provides a methodical examination of the relation between painting and collage. She utilizes a variety of media such as oil and acrylics on large canvas surfaces.

Maria's technique in the use of the color palette and the appropriation of other elements, such as signpost and graffiti, enables her to create a statement that becomes a visual and intellectual exploration. Fragoudaki brings to New York 18 paintings, prints and objects; one of the paintings is a mixed media large scale Abstraction titled "Superheroes costumes", in this painting the spectator can clearly identify the characters costumes behind the color, texture and shapes, as if you were back stage on a Broadway play.

Maria challenges herself and opens her inner world to the audience, sharing courageously her emotions and conflicts. She believes the fragility and the immense strength that makes her identify with the Hulk, a large humanoid that possesses near limitless superhuman powers and great vulnerability, attributes that grow more potent the angrier and threatened he feels.

To conclude, Maria Fraoudaki's first solo show in New York induces the public to connect with their emotions and conflicts. This exhibit allows each of us the opportunity to discover our own personal Superhero.

**Elizabeth Villar**

One Art Space *Co-Director*



**Spiderman's Arrival**

Mixed media on canvas

91"x27" 2013



## **Maria Fradoudaki “Superheroes”**

**One Art Space**  
23 Warren Street  
New York, NY 10007  
[oneartspace.com](http://oneartspace.com)

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