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**6TH JUNE 2022 -  
26TH JUNE 2022**

# **MICRO NARRATIVES**

**SHABNAM PARVARESH SOLO EXHIBITION**



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MICRO NARRATIVES  
SHABNAM PARVARESH  
VIRTUAL SOLO EXHIBITION

**6TH JUNE 2022 - 26TH JUNE 2022**

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**CURATOR AND EDITOR  
DR. ELHAM SHAFIAE**

**DESIGNER AND OPERATION  
FADILLAH GHANI  
NORFATIHAH YUSOF**

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# B I O G R A P H Y

Shabnam Parvaresh is a musician, visual artist, composer and curator from Tehran, Iran. In Tehran she received her bachelor's degree in fine arts from University of Science & Culture and pursued a career as a freelance artist. In Tehran she was a member of the "Tehran Painters Association" and realized numerous exhibitions of her works. Furthermore, she started playing the clarinet, flute and santoor as a child and was engaged in the Tehran Symphony Orchestra and other ensembles of the Iranian capital. In 2014, she decided to leave Iran to study jazz clarinet at the Institute of Music of the Osnabrück University of Music with Tineke Postma, Thomas Rückert, Marike van Dijk and Maarten Ornstein, among others. During her studies she played in numerous bands and ensembles including with Grammy Award winner Kinan Azmeh at the Morgenland Festival Osnabrück, and as a solo artist, including with Achim Kaufmann at the Soundtrips NRW series. She completed her studies in 2022. In 2020 she founded her "Sheen Trio" whose debut album will be released in fall 2022 on Berthold Records. She is a member of the German Jazz Union. In addition to her work as a musician, she continues to be active as a painter. Previously, her "Micro Narratives" series has been shown in a solo exhibition at Osnabrück, Germany.



# A R T I S T   S T A T E M E N T

I have always expressed my creative energy through two different media: painting and music. However, these two forms of expression are not so dissimilar: In my paintings I try to visualize sounds and give them shape on the canvas. The composition of my paintings is structured by a rhythm, which I use to add color and shapes intuitively. This process is similar to that of musical improvisation, when a tonal and rhythmic foundation provides the framework for free exploration. The abstraction in my pictures can also be read in connection with the political conditions in my home country Iran. Expression through abstract painting protected me from censorship by the authorities and enabled me to express myself despite the existing restrictions.

The “Micro Narratives” project was created during the Corona Lockdown in 2020. I only use materials that I had available in the apartment. During this time, which felt as if the world had been brought to a standstill, I thought about the importance of painting in this isolated time. I realized that painting always serves as a carrier of a story and as a medium for communication with the outside world. The time and place of the viewer changes the context of the piece. The story leaves its intended framework and begins to lead a life of its own. In this way, the piece is integrated into a permanent creation process. The piece interacts with the viewer and creates connection to their past, present, and future. I set out on the trail of these wandering stories - the smallest units of communication - splintering fragments of a narrative: Micro Narratives. By surrounding myself with the stories in the paintings, the time felt less isolated.



**S E L E C T E D   A R T W O R K S**





Where Now? (Gold Series)  
Acrylic and Pen on Paper  
21cm x 29.7cm  
2020



Gold Series  
Acrylic and Pen on Paper  
21cm x 29.7cm  
2020





Circus (Gold Series)  
Acrylic and Pen on Paper  
21cm x 29.7cm  
2020



Trying to keep up with you (Gold Series)  
Acrylic and Pen on Paper  
21cm x 29.7cm  
2020





Gold Series

Acrylic and Pen on Paper

21cm x 29.7cm

2020



Silent Chaos (Gold Series)

Acrylic and Pen on Paper

21cm x 29.7cm

2020





Gold Series  
Acrylic and Pen on Paper  
29.7cm x 42cm  
2020

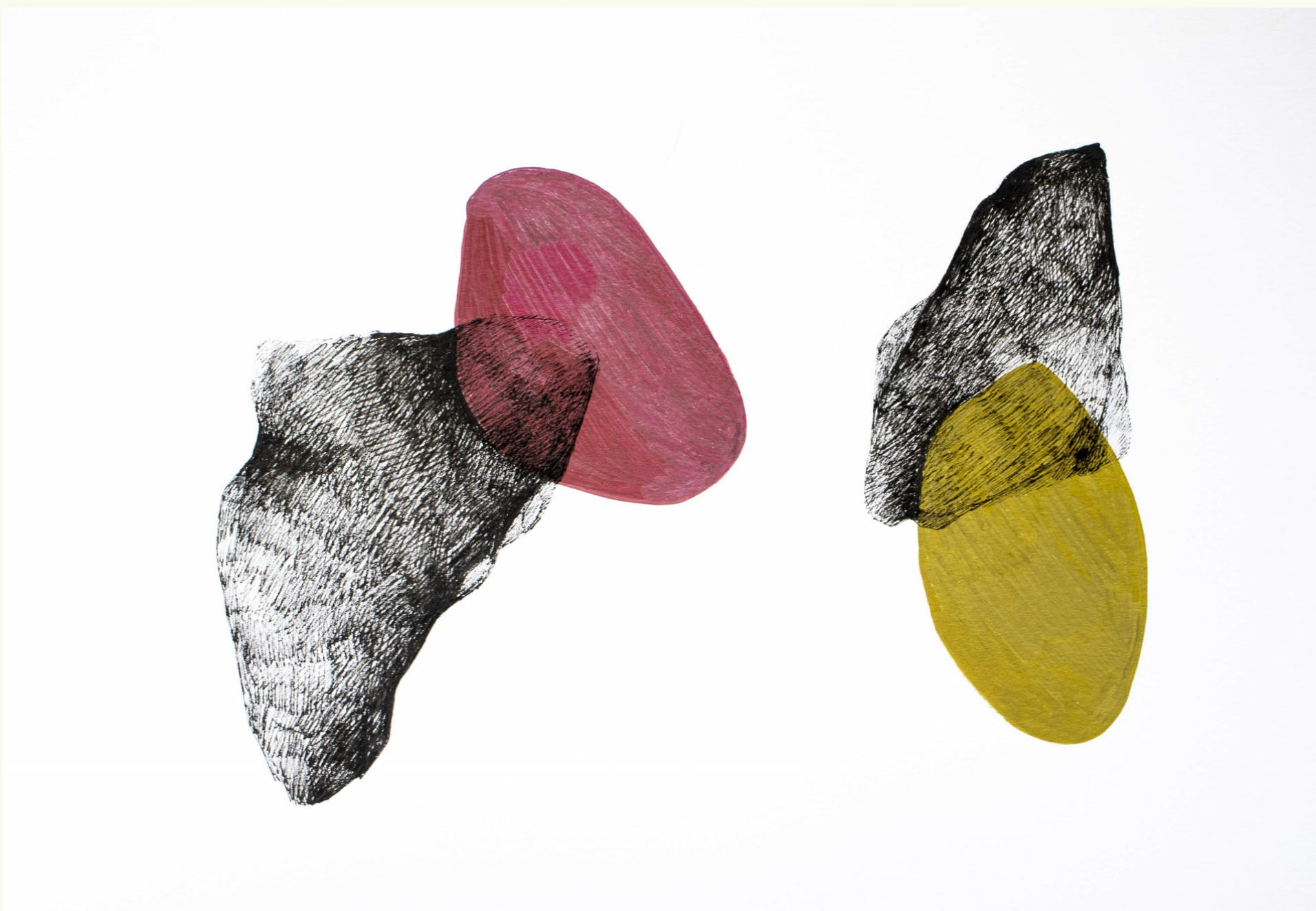


Milestone (Gold Series)  
Acrylic and Pen on Paper  
21cm x 29.7cm  
2020





Trilogy 1  
Acrylic and Pen on Paper  
42cm x 29.7cm  
2020



Trilogy 3  
Acrylic and Pen on Paper  
42cm x 29.7cm  
2020





Trilogy 2

Acrylic and Pen on Paper

42cm x 29.7cm

2020





Window dawn (Through the window series)

Mixed media on Paper

21cm x 29.7cm

2020





The Trap (Through the window series)

Mixed media on Paper

21cm x 29.7cm

2020



In My Room (Through the window series)

Mixed media on Paper

21cm x 29.7cm

2020





Tangency

Mixed media on Paper

165cm x 150cm x 5cm

2020





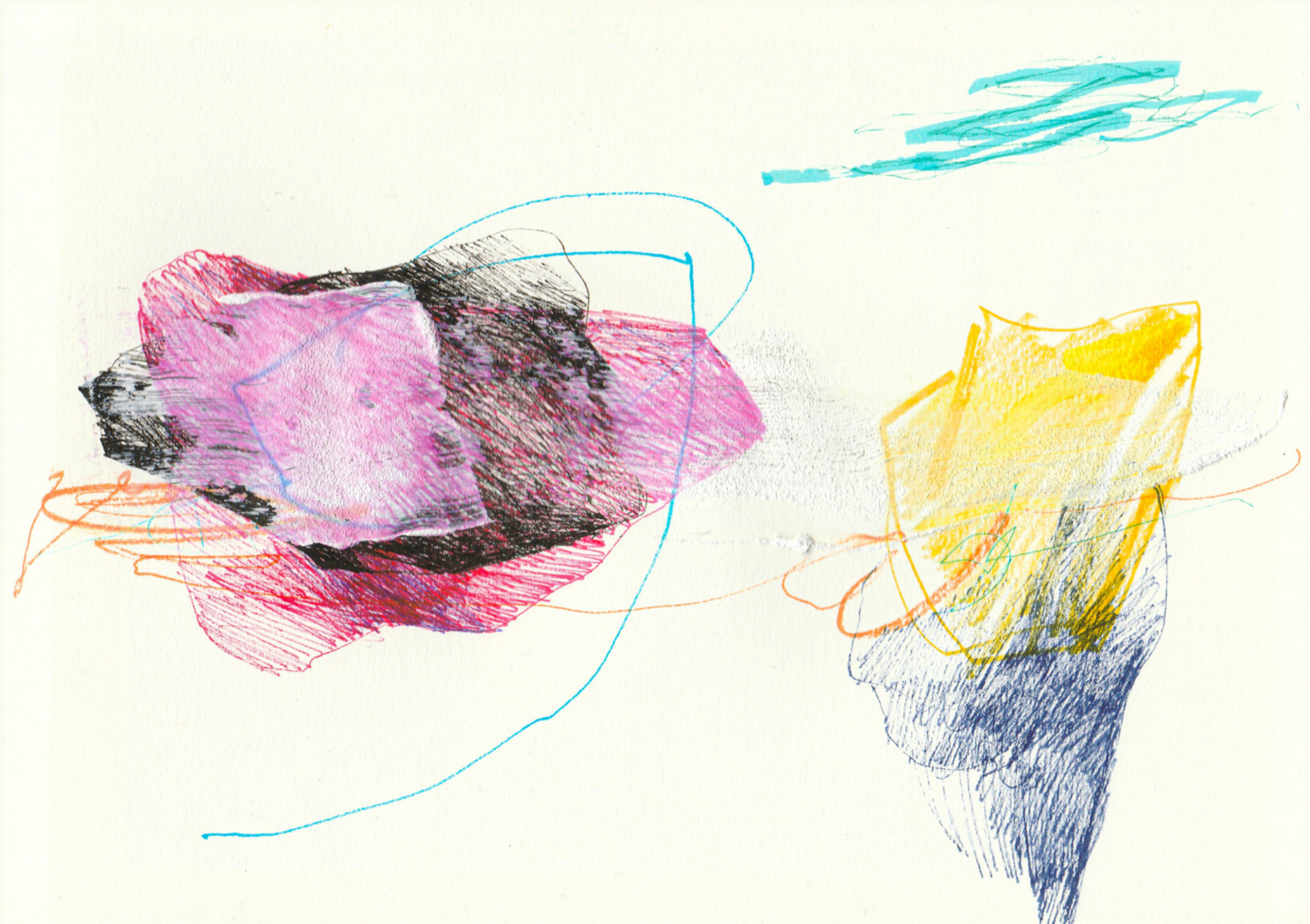
Alone together  
Mixed media on Paper  
180cm x 150cm x 5cm  
2020





Statue of Liberty  
Mixed media on Paper  
160cm x 185cm x 5cm  
2020





Windfall

Acrylic and Pen on Paper

21cm x 29.7cm

2020



Newfound Innocence

Acrylic and Pen on Paper

29.7cm x 21cm

2020





Untitled 11  
Acrylic and Pen on Paper  
29.7cm x 21cm  
2020

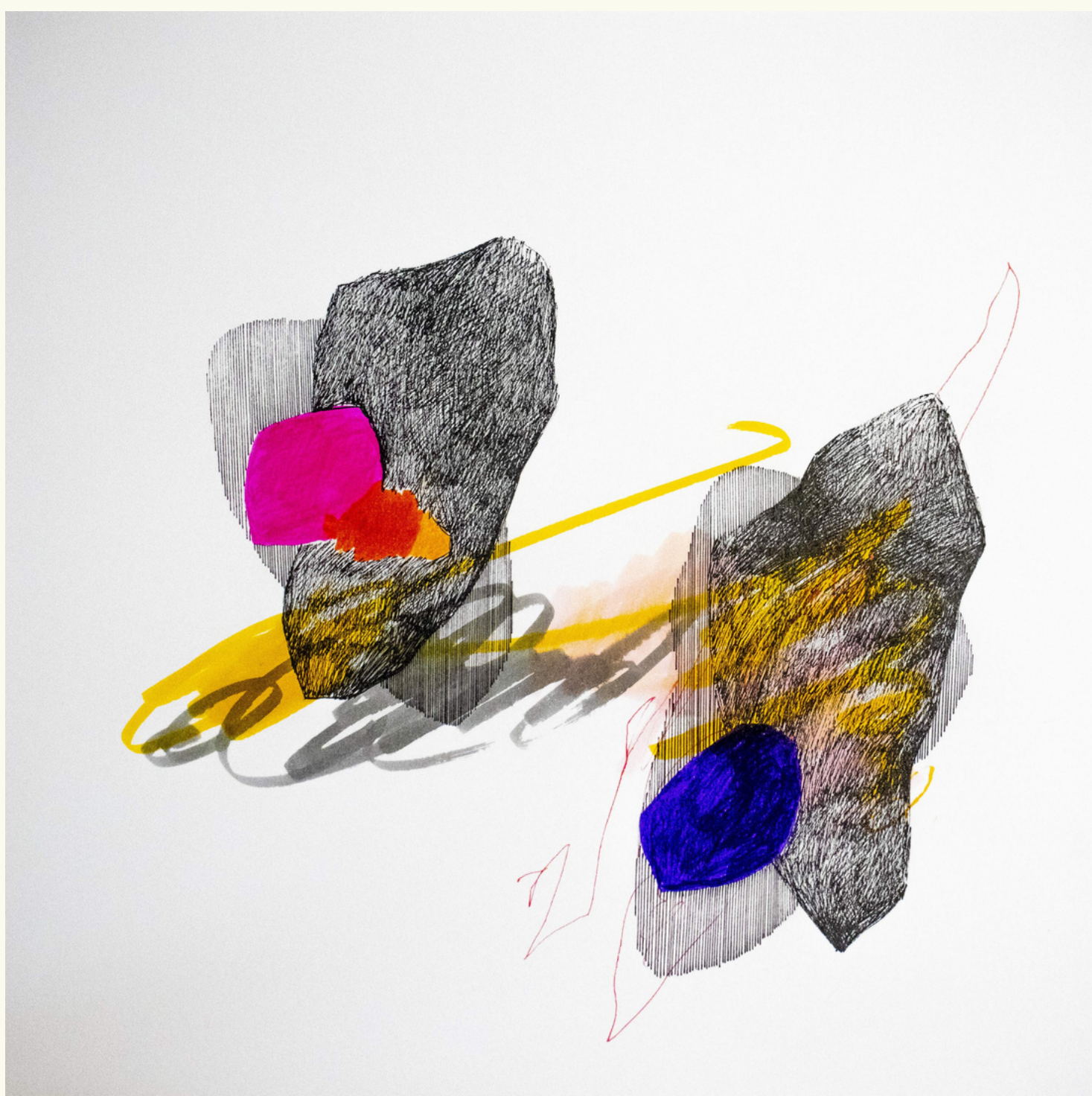


Untitled 23  
Acrylic and Pen on Paper  
21cm x 29.7cm  
2020





Untitled 4  
Acrylic and Pen on Paper  
40cm x 40cm  
2020

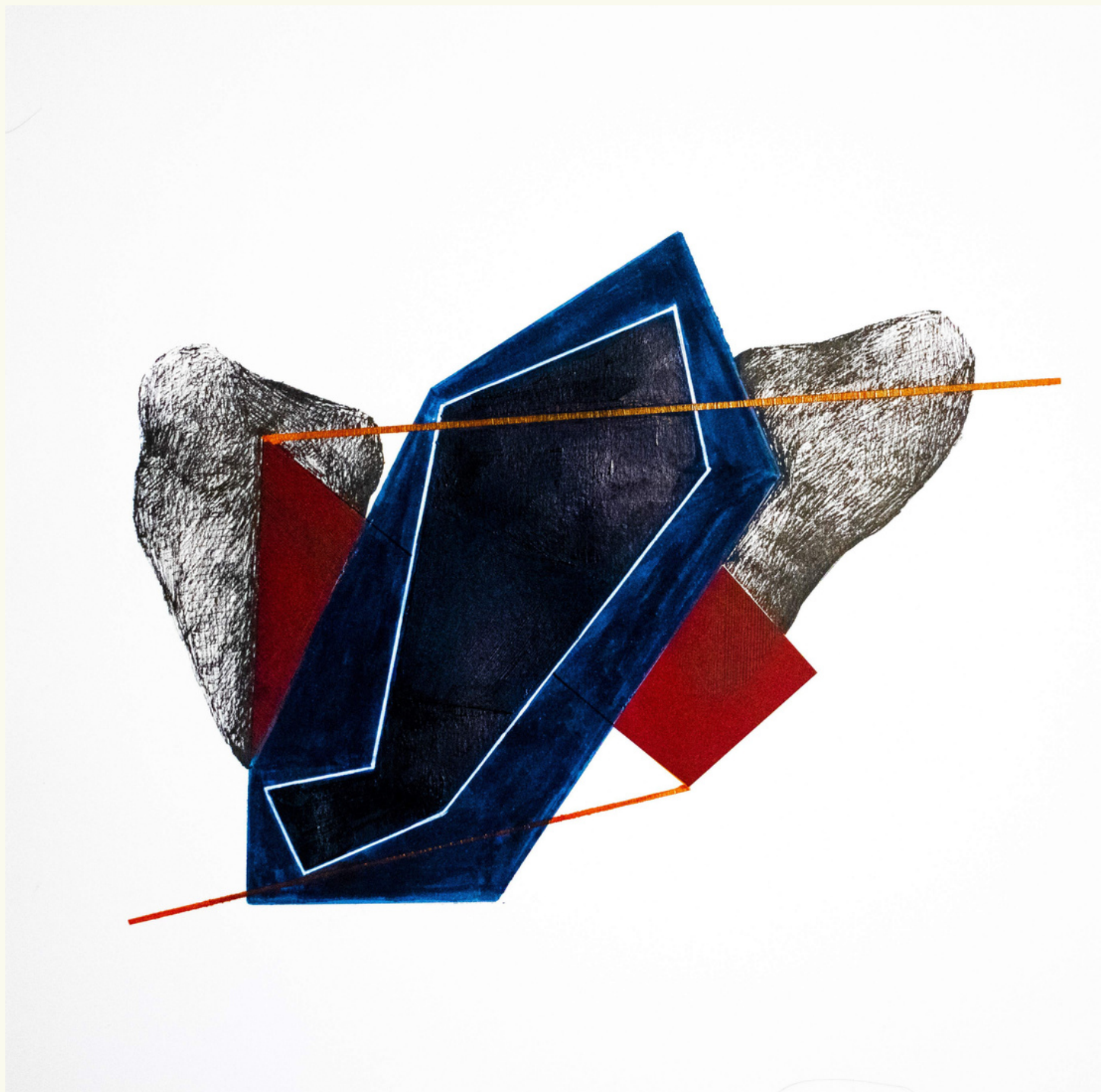


Untitled 1  
Acrylic and Pen on Paper  
40cm x 40cm  
2020



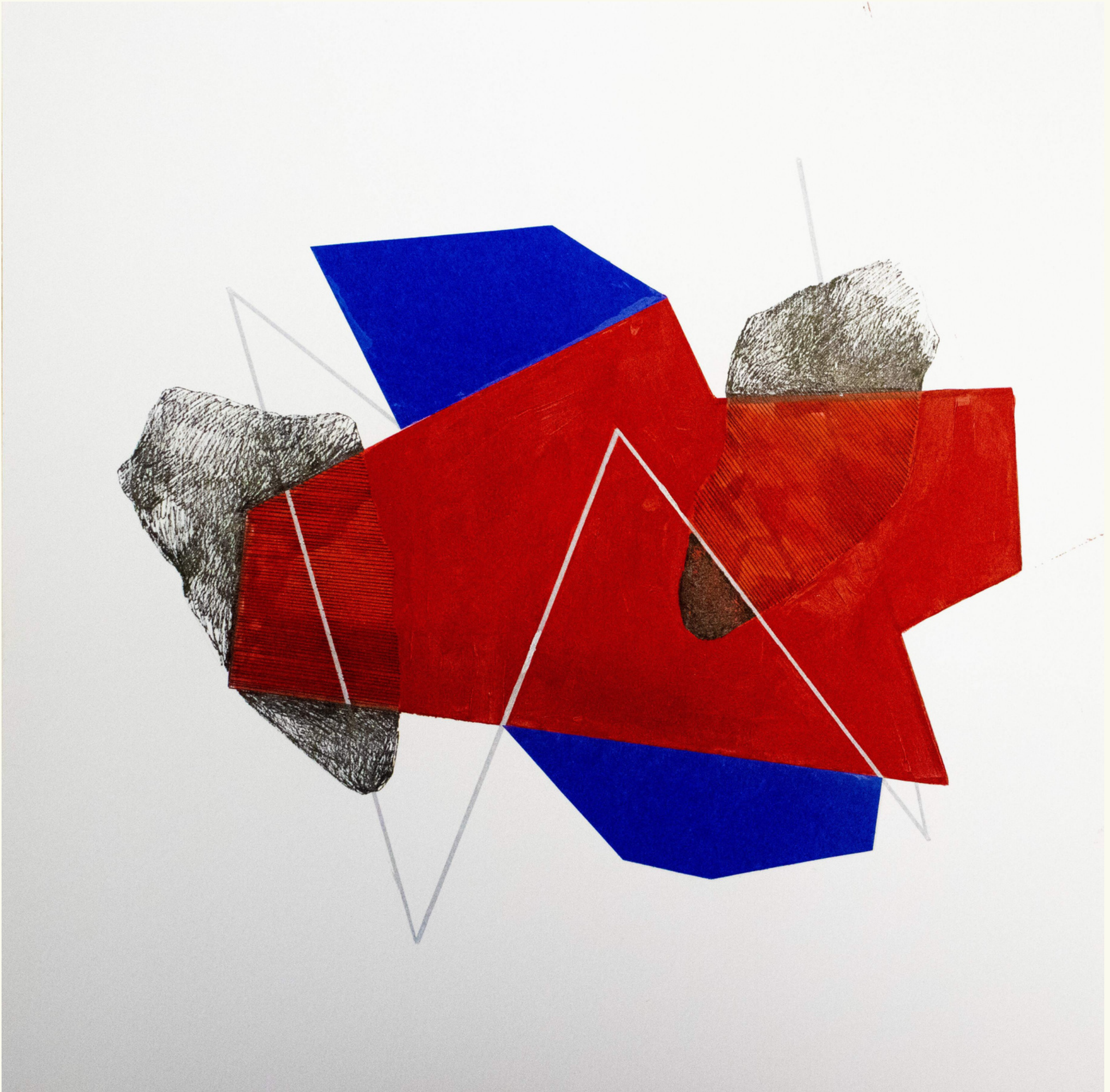


Untitled 2  
Acrylic and Pen on Paper  
40cm x 40cm  
2020



Untitled 3  
Acrylic and Pen on Paper  
40cm x 40cm  
2020





Untitled 5

Acrylic and Pen on Paper

40cm x 40cm

2020





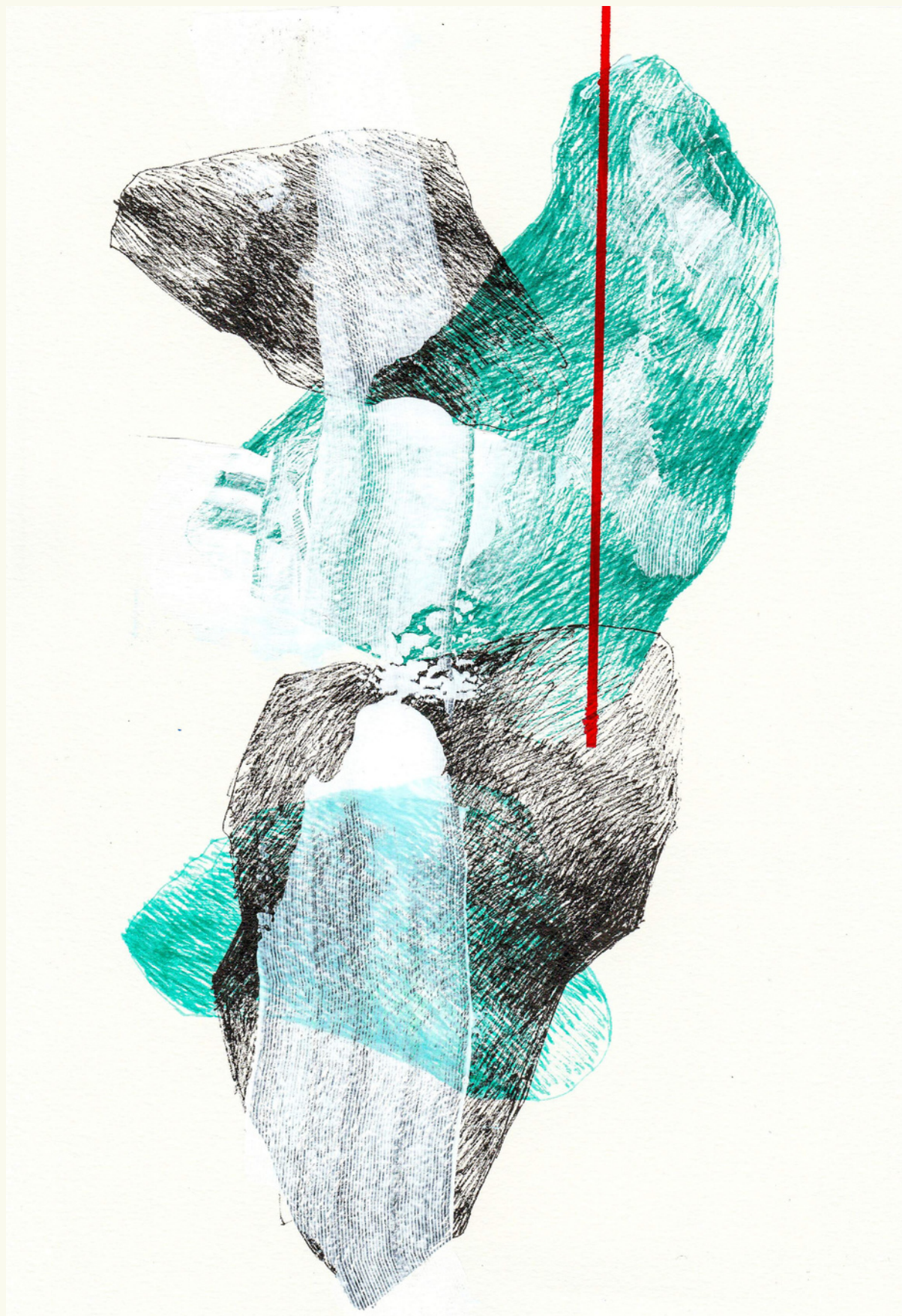
Decoyed  
Acrylic and Pen on Paper  
29.7cm x 21cm  
2020



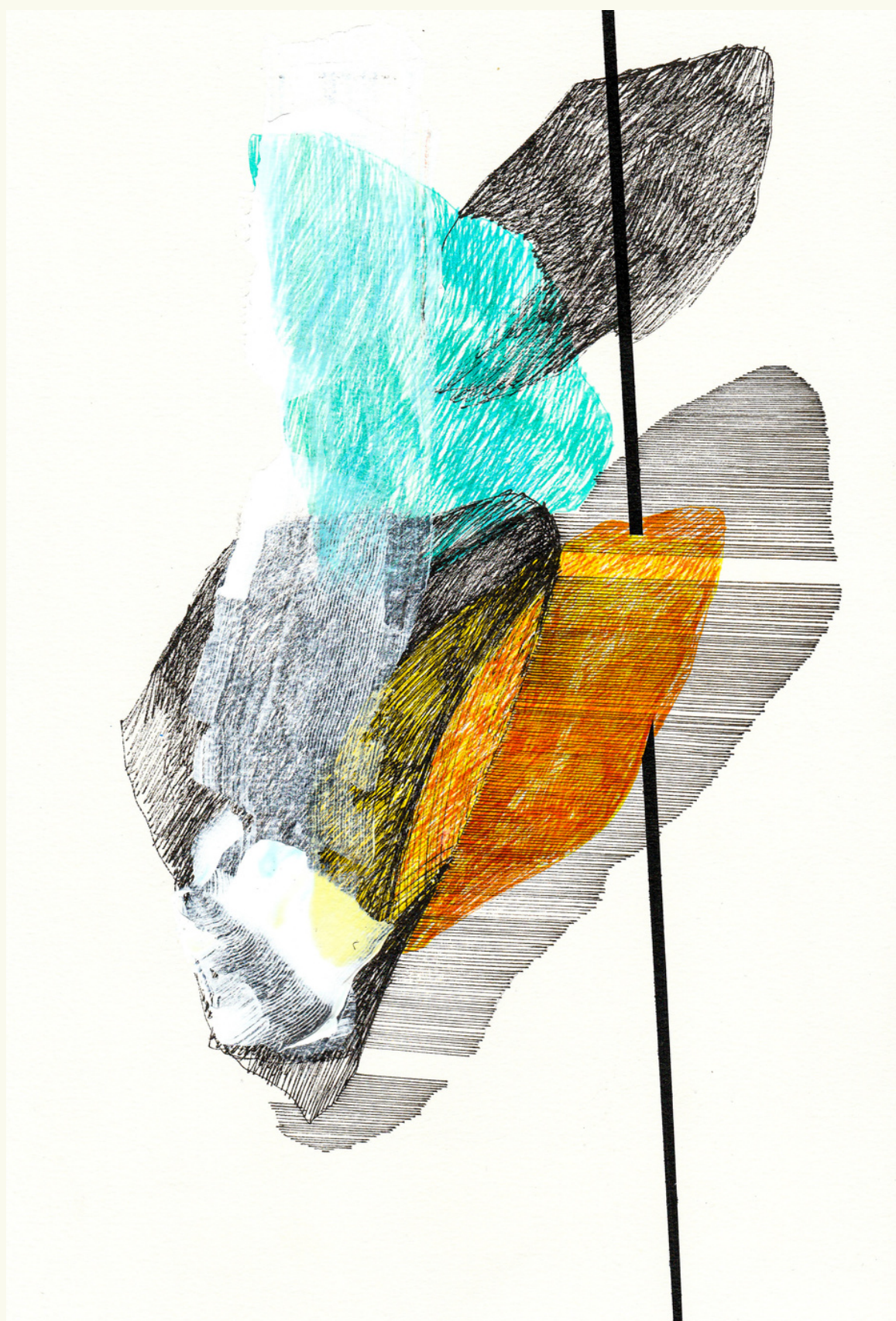
Sophisticated Lady  
Acrylic and Pen on Paper  
29.7cm x 21cm  
2020



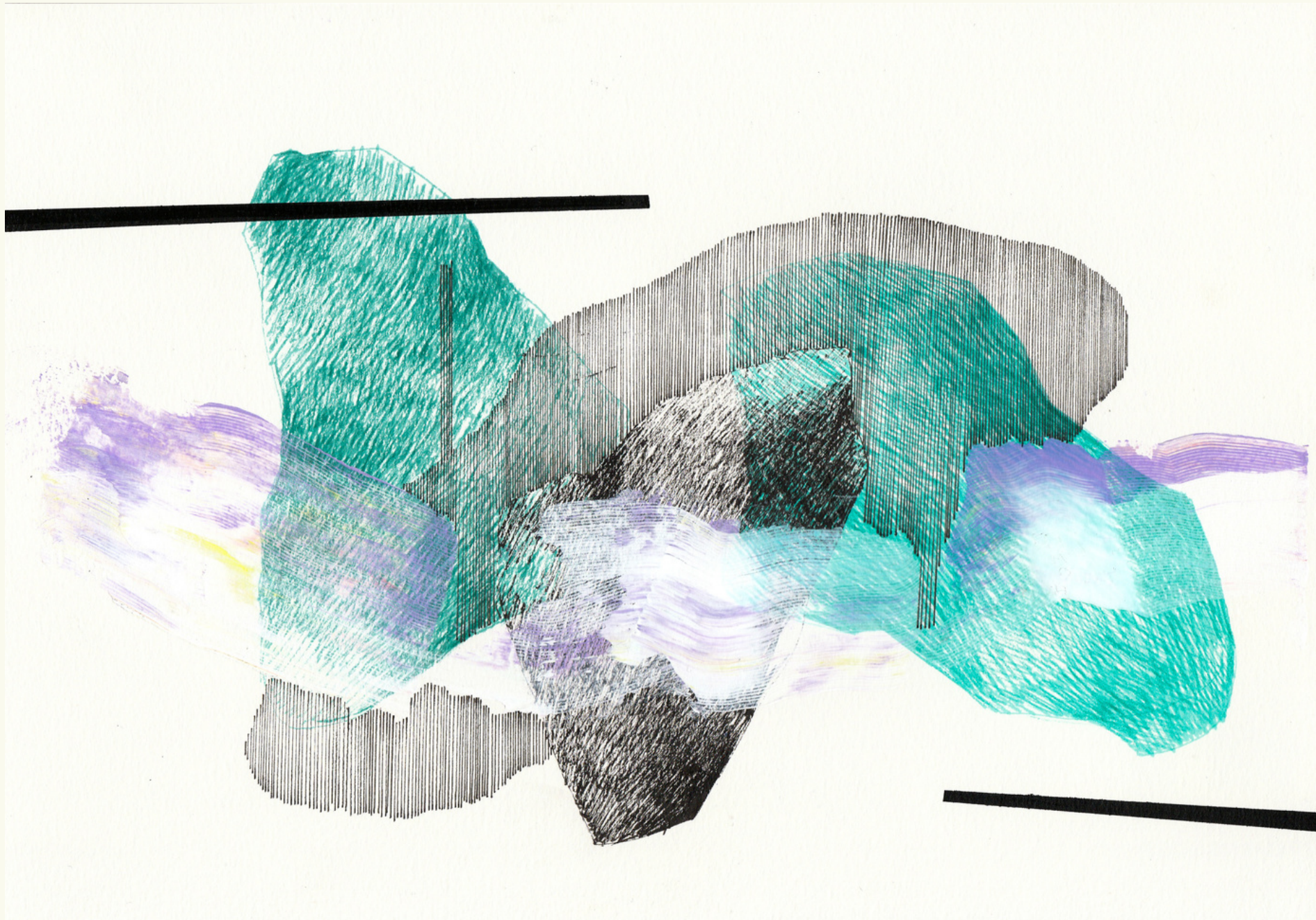
Untitled 6  
Acrylic and Pen on Paper  
29.7cm x 21cm  
2020



Untitled 7  
Acrylic and Pen on Paper  
29.7cm x 21cm  
2020







Selene

Acrylic and Pen on Paper

21cm x 29.7cm

2020



Untitled 21

Acrylic and Pen on Paper

21cm x 29.7cm

2020



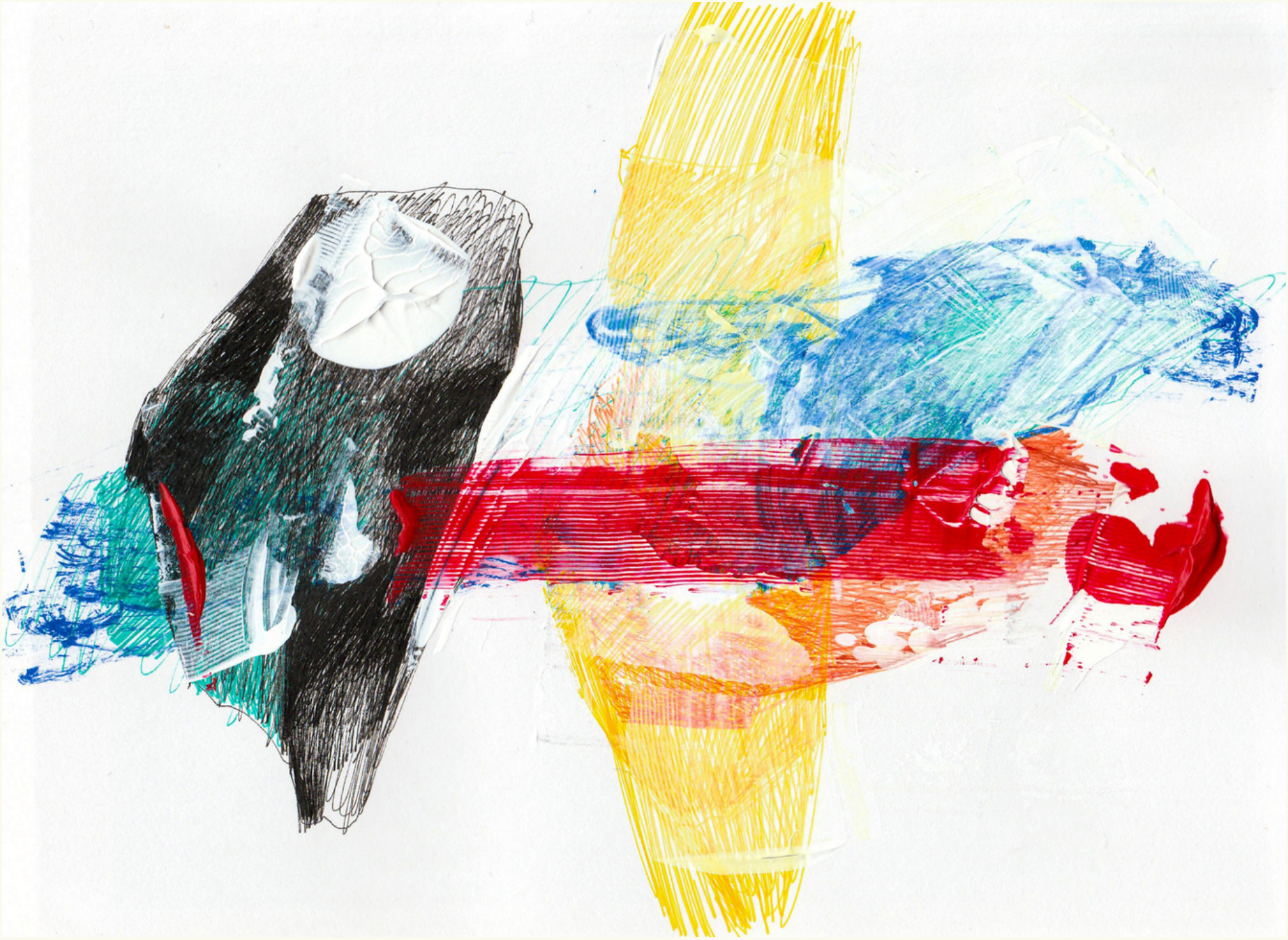


Capricornus  
Acrylic and Pen on Paper  
21cm x 29.7cm  
2020

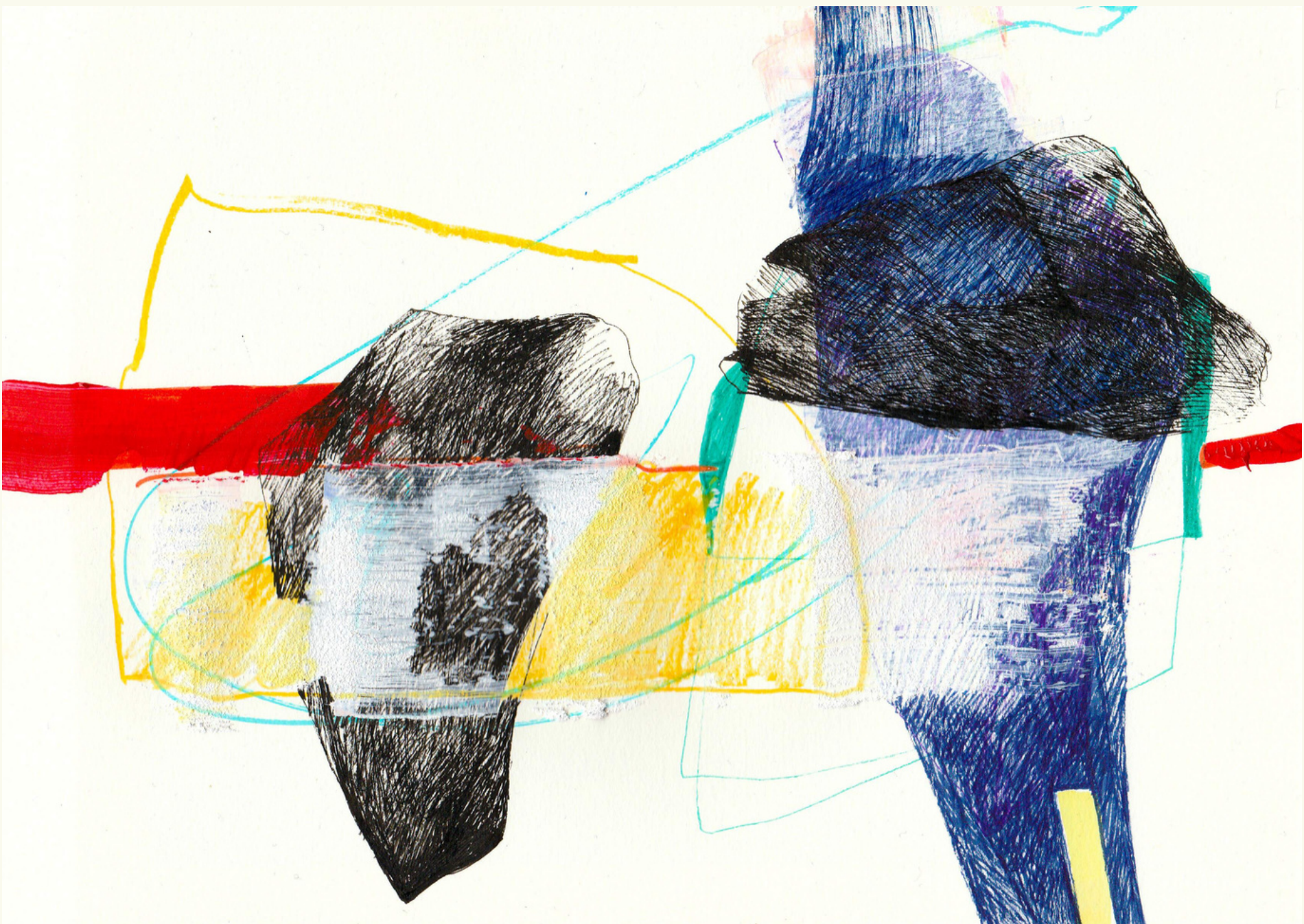


Grounded  
Acrylic and Pen on Paper  
21cm x 29.7cm  
2020



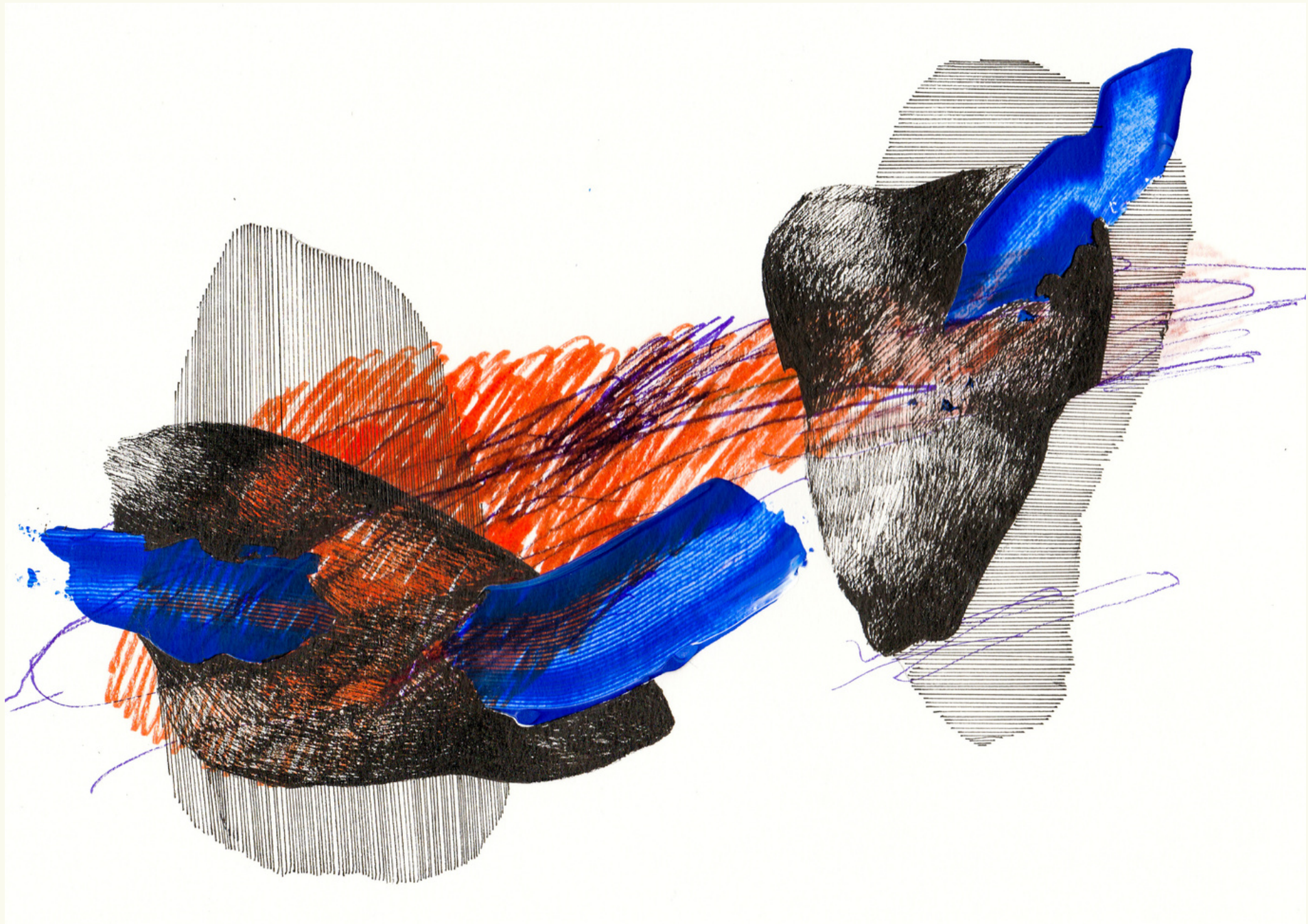


Mullah and The Fox  
Acrylic and Pen on Paper  
21cm x 29.7cm  
2020



Venture  
Acrylic and Pen on Paper  
21cm x 29.7cm  
2020



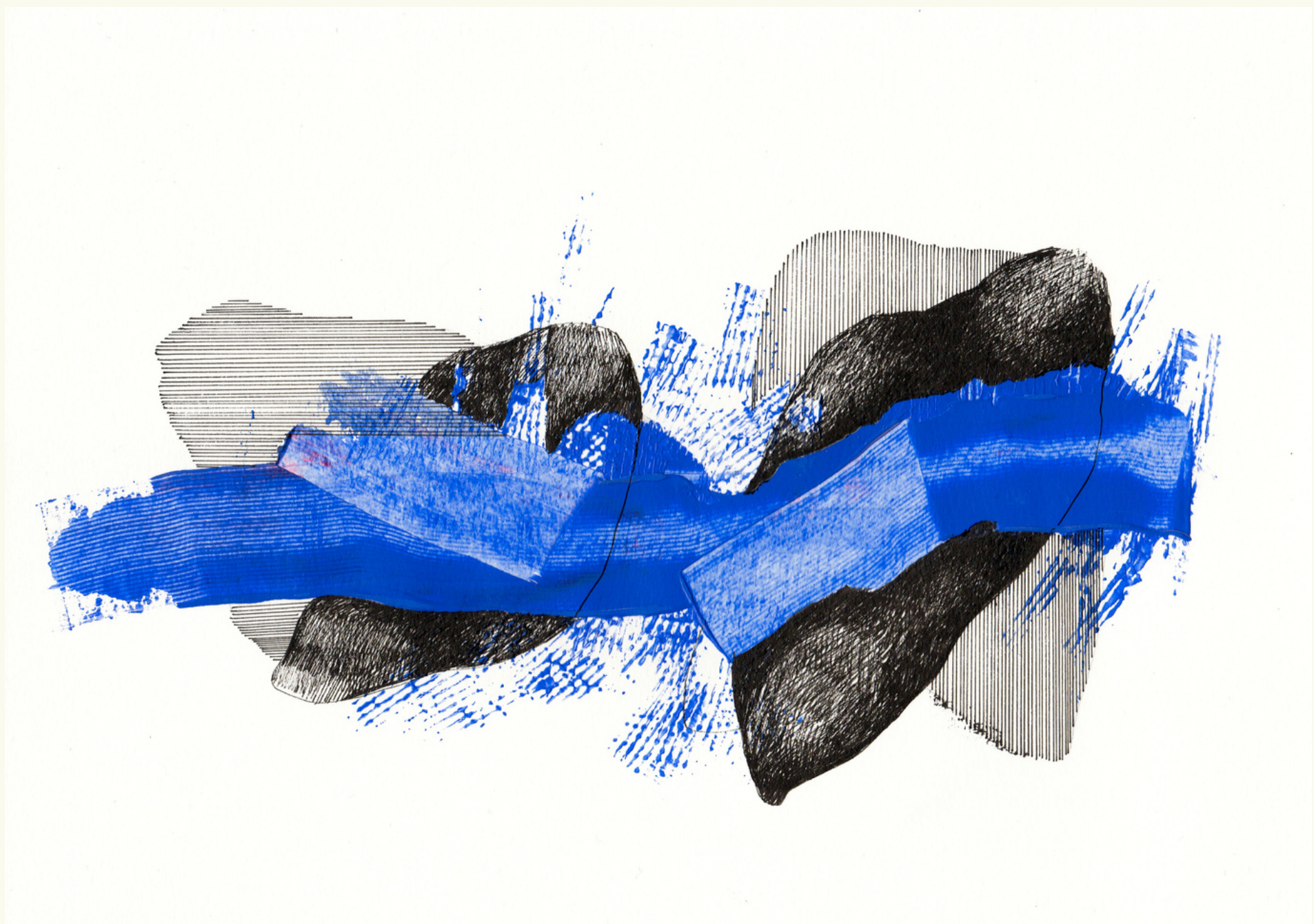


Tangled up in your dream

Acrylic and Pen on Paper

21cm x 29.7cm

2020



Into the Blue

Acrylic and Pen on Paper

21cm x 29.7cm

2020





KATSUOBUSHI (Performance Art)

Sheen Trio :

Shabnam Parvaresh (Flute, Fx, Composition)

Ula Martyn - Ellis (e- Guitar)

Philipp Buck (Drums)

Martin Gerth (Video)

Phil Eulgem (Mix and Recording)





**2022**