

The Mind and Body Project: Captivating Creativity That Captures Human Emotions

BY JEWISH VOICE STAFF

On Friday, August 21, the new series of paintings for the Mind and Body Project was presented at the Rasputin Restaurant, located in Brooklyn, NY. This fairly young, yet unique and exquisite project, composed by Alex Garber and Tatiana Nikitina, perfectly captures 'real' and 'heart-felt' emotions that others can relate to.



(l/r) Alex Garber and Tatiana Nikitina posing in front of their art work "The Mind And Body Project."

The series, which will soon be celebrating its first anniversary, is a compiled of artwork that reveals the beauty of people; as simple yet complex as the human race is.

Both Garber and Nikitina have a way of displaying the relationship between reality and how it is interpreted. All the compositions within the project are presented by the mix of two media – each painting is accompanied by a photograph, exploring the same subject, but observed from two different perspectives.

The artist's ability to capture human emotion in art form is fascinating, especially the part of the series titled: I Feel...Behind The Smile; The Study of Suppressed Emotions, which perfectly depicts the "real emotions" that one feels in their daily life.

Nikitina's paintings are fine examples of the surrealistic vision, bringing evoking associations with the most prominent 20th century artists. However, they manifest the painter's

unique vision and style.

The photo images by Alex Garber were compiled in an utterly realistic manner, which compliments the paintings. The subjects for the art pieces are symbolic, provoking philosophical pursuit and open for vast interpretation.

To see it is to understand how eloquently the artists have succeeded in presenting human relationships, both on a personal level and their role in society. In fact, the main focus of the Mind and Body Project, Garber said, "Is an artistic study of a person facing society."

To learn more about the project and find out information about upcoming events and exhibitions, please visit www.MindAndBodyProject.com

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