

ARTDOBRO

CONTEMPORARY IMPRESSIONIST



Polina Dobrotina
Artist

About Artist

Polina Dobrotina is a London-based contemporary impressionist and abstract artist. Whilst her technique is modern and abstract, it's relatable to our past, present and future.

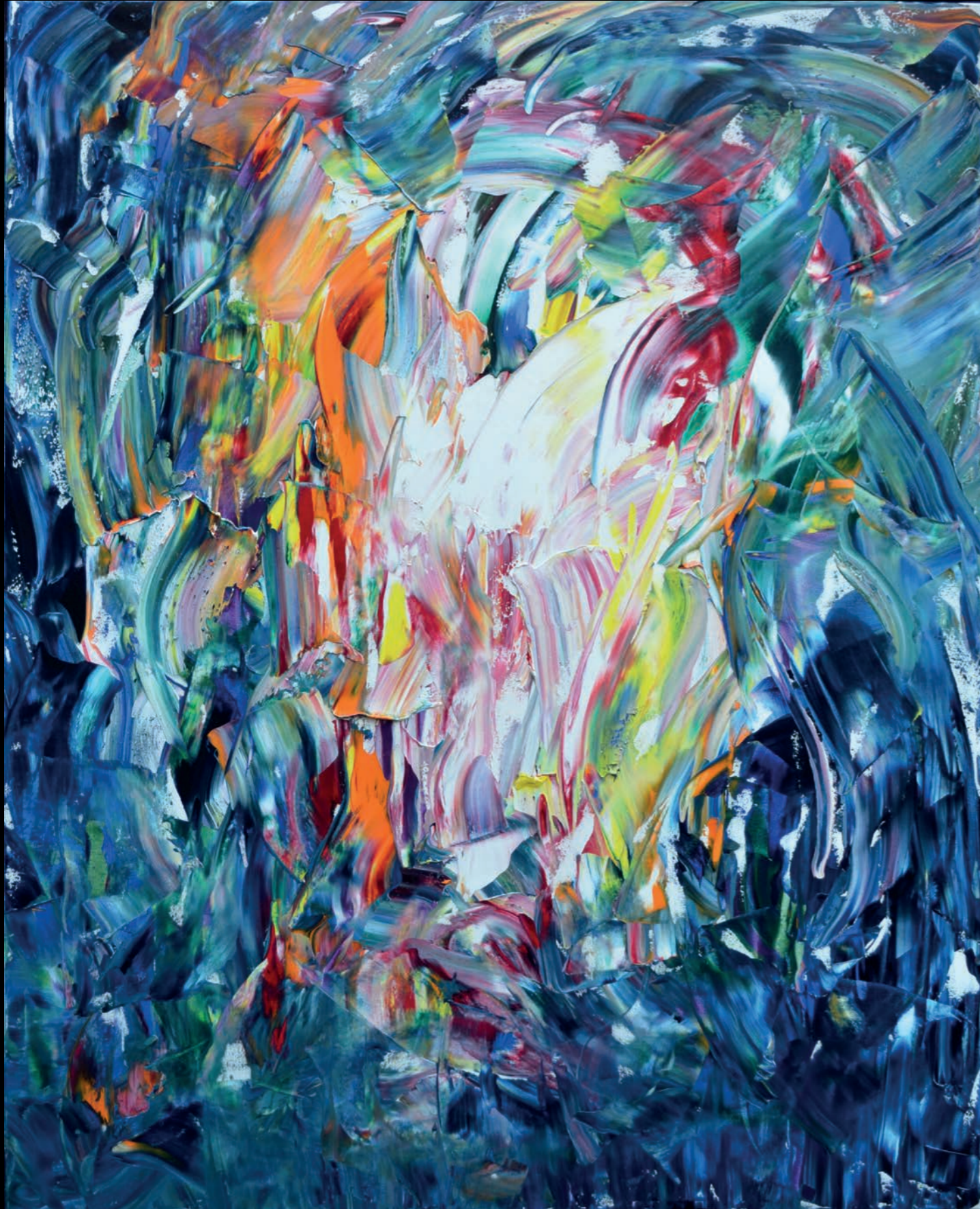
Originally from Russia, Polina studied Impressionism and Academic Painting, Drawing and Art Theory at the University of Rouen in Normandy, France. The birthplace of impressionism had a profound impact on her work where explored the works of Monet, Degas and Sisley, who influenced the forming of her own creative language.

Taking inspiration from the vibrant beauty of nature, Polina's focus is on expressing raw feelings through abstract compositions where the light, colour and texture play the leading role. She's able to take something real and extend this reality taking the viewer somewhere beyond, into a dream like state of colour, shade, light and texture, allowing enough room for the observer to decide and own what they see and how it makes them feel.

Polina Dobrotina is an exhibited and award-winning, emerging artist. She was awarded the first prize at the Genesis Art Competition 2019 and the Live Drawing Competition at Art Number 23. She was shortlisted and participated in the DContemporary Painting Prize 2019, Mayfair London and the Mall Galleries Royal Art Prize 2020.

She has participated in a number of group shows in the UK, US, Russia, Slovakia and Mexico and held her first solo show in the Red Partnership Gallery in 2019. Her artworks are held in galleries, corporate offices and private collections in London and overseas.

More info Available on [ARTDOBRO](https://www.artdobro.com) website.



ENERGY

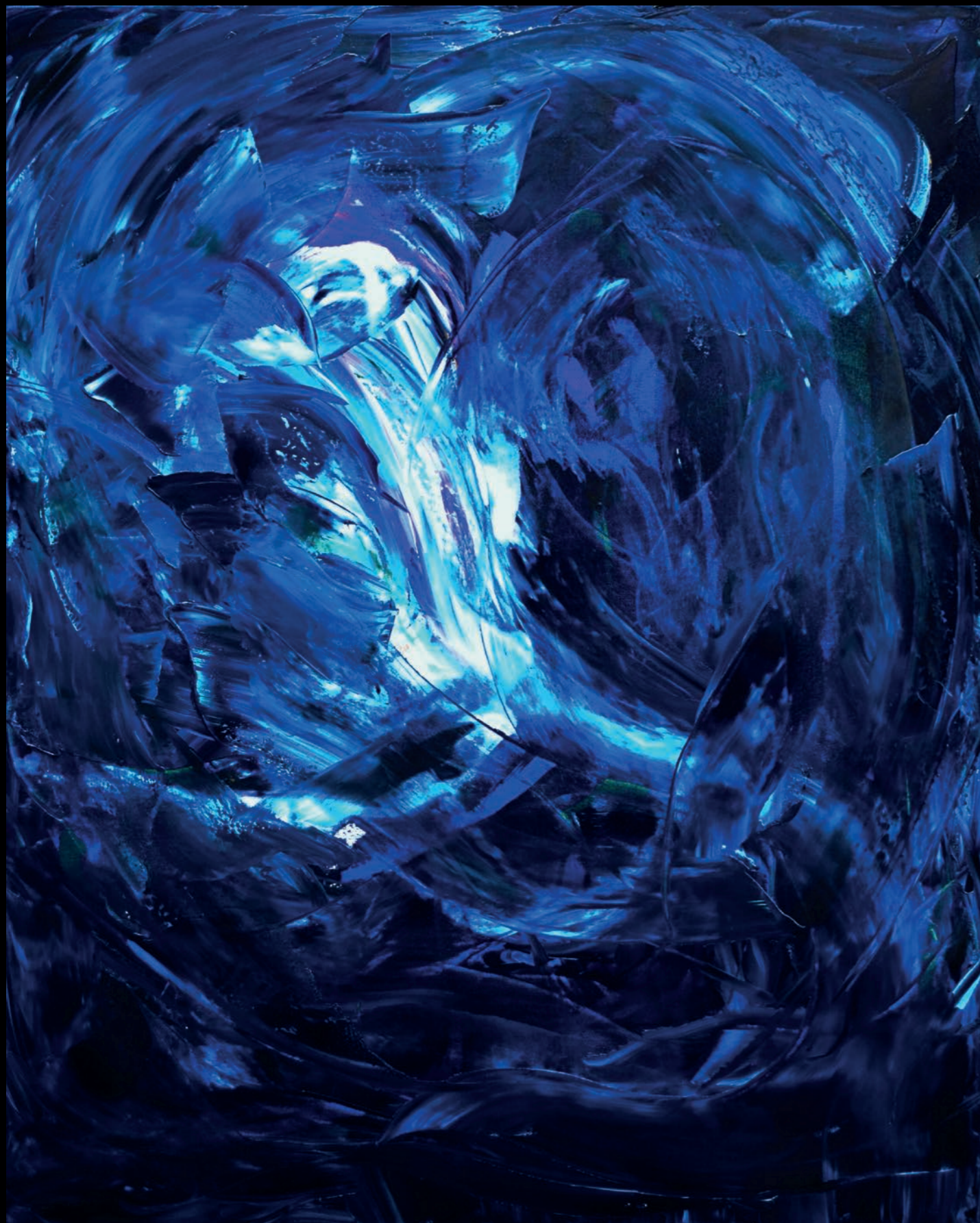
Oil on canvas
150 x 123 cm

About painting:

Let's begin with a simple thought. What is Energy? What if we are all Energy interacting with each other in the infinite universe where things happen in circles? What if we are here on Earth to learn the lessons and get experiences?

It's clear that this can't be seen with our eyes and understood with the minds but what if we can sense those vibrations that are happening around and within us by simply feeling them? Feeling the truth which can only be tried to be painted... Diving deeply into our inner souls and connecting with all the beauty of Being.

Simply being here and now. Simply connecting with self. Simply breathing. Simply feeling the Energy we are.



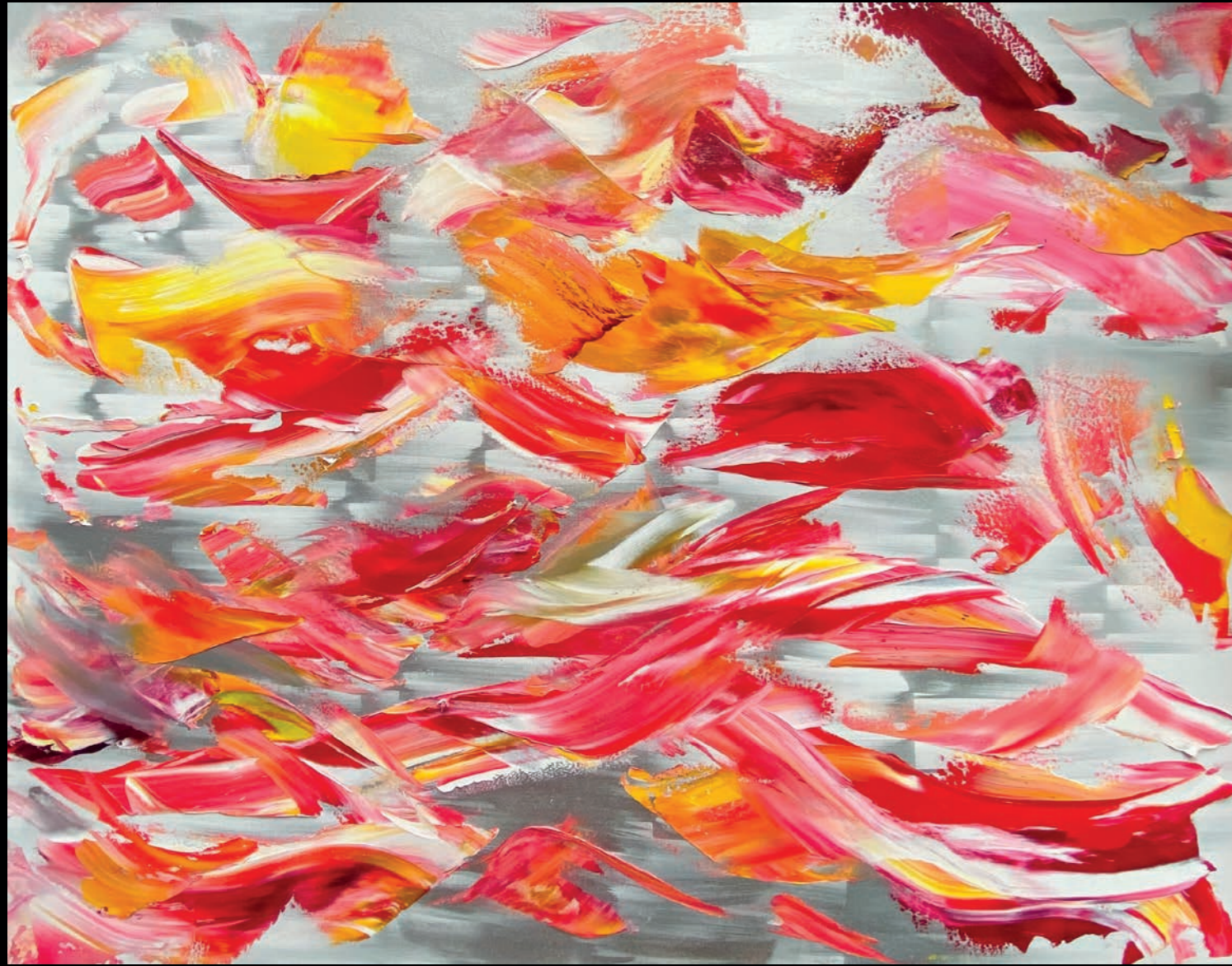
UNIVERSE

Oil on canvas
150 x 123 cm

About painting:

The Universe. What is it in general? Is it a place or a destination? Probably not... It's more of an infinite space where no rules can be applied. It's the true chaos which creates order. A point in space where everything is happening at the same time - past, present, future - it is all inside the Universe but hidden under the layers of multidimensions...

The Energy flows through the Universe. It helps movement. Every second it creates something new that derives from the past. There, time or surface don't exist - no barriers, no words or worlds... enormous pace and infinite space where the creation happens without necessity of being understood with the mind. Only with Energy.



NEW LIFE

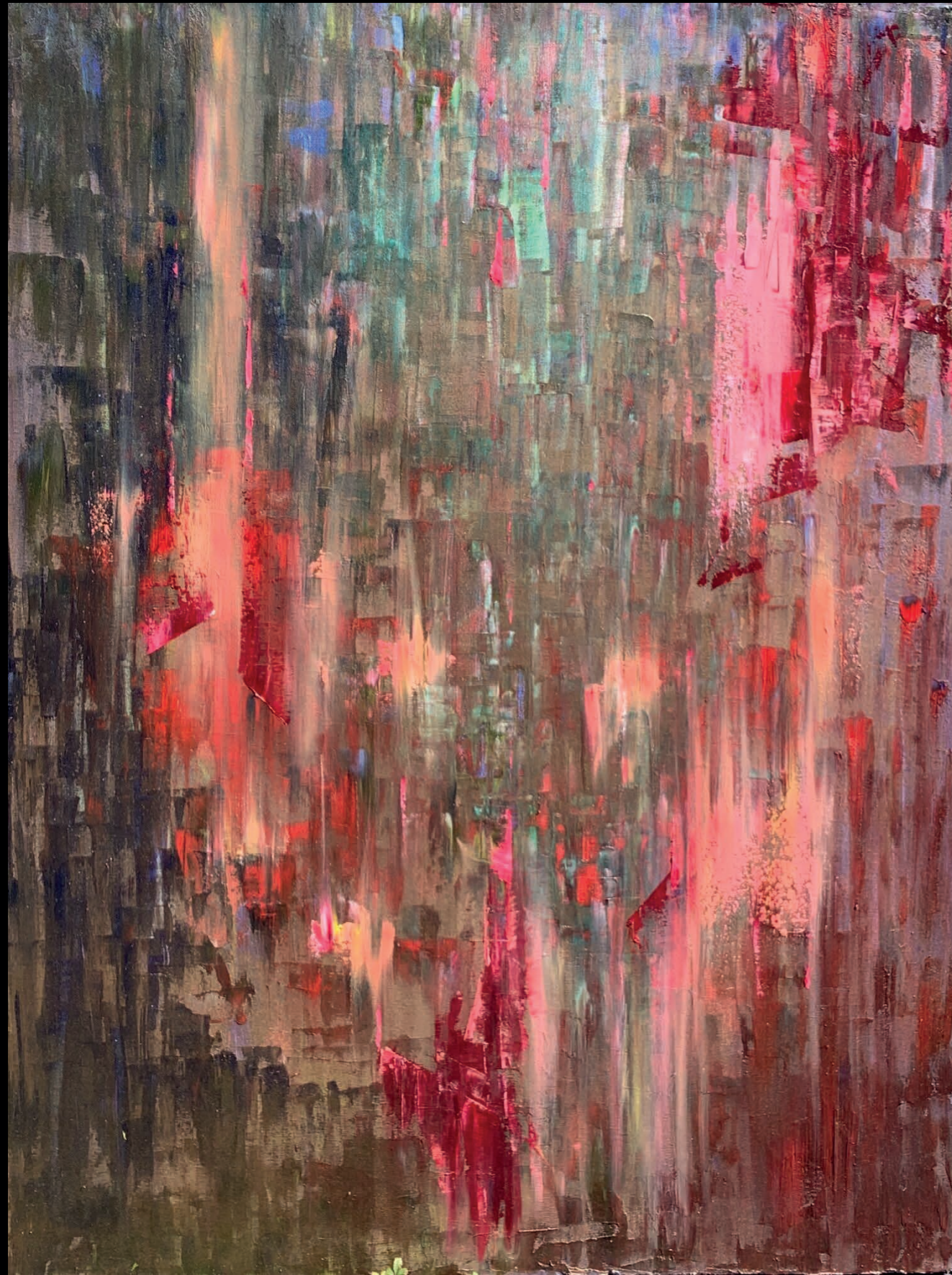
Oil on canvas
150 x 123 cm

About painting:

One of the most vibrant and resonating paintings that I ever created. It's got New Life spirits inside, running and flying forward and only forward. They're not focusing on any regrets from the past, they're letting everything go and accepting reality for what it really is.

The reality itself turned out to be very interesting if you take out all the unnecessary worries and circular thoughts and I think each of us should realise that it's important to appreciate the beauty right here and now, be attentive to details as this is what is shaping our future!

The painting in itself has a cool reflectory effect as I used multiple mediums combining mirror acrylic paint which reflects light on the background and makes spirits stand out even more.



ATMOSPHERE

Oil on canvas
120 x 100 cm

About painting:

Atmosphere is evolving constantly, not only through years as we notice it. Every second something changes but people wouldn't appreciate until it evolves into something bigger - till something stands out. Each one of us has a certain image of ourselves which is imposed by society. In the majority of cases, society (even our family) would see a different person because they believe it's true. But what if it isn't? What if things you were told to be true from the very beginning don't suit your inner self? Your activities or desires?

Interesting enough, same thing happens with us perceiving others. It seems to be difficult but if we release all our imaginary characters assigned to a particular person and just see their true self, this might change everything. Until we do so, we are caught up in the illusionary world which would only make sense in our thoughts but not in reality.



EVERYBODY KNOWS

Oil on canvas
120 x 100 cm

About painting:

Full explosion here... a strike chord... an orange stroke in the infinite space of undiscovered knowledge... That's how little everybody knows about me. The question is only "how good do I know myself?"

From this point, do me a favour and ask yourself whether you are important to yourself and if you love yourself at all. If the answer is yes, I'm glad you got to this point. If you're uncertain, try to see what you like the most i.e. what would be your treat when you're sad, what would you do if you're left alone, what would you like doing for yourself and not for someone who asked for? The purpose of your energy isn't to serve everyone around but to prosper your inner talents and creativity in whichever form. Focus on your present self and you'll see that the whole thing actually makes sense



GANESH

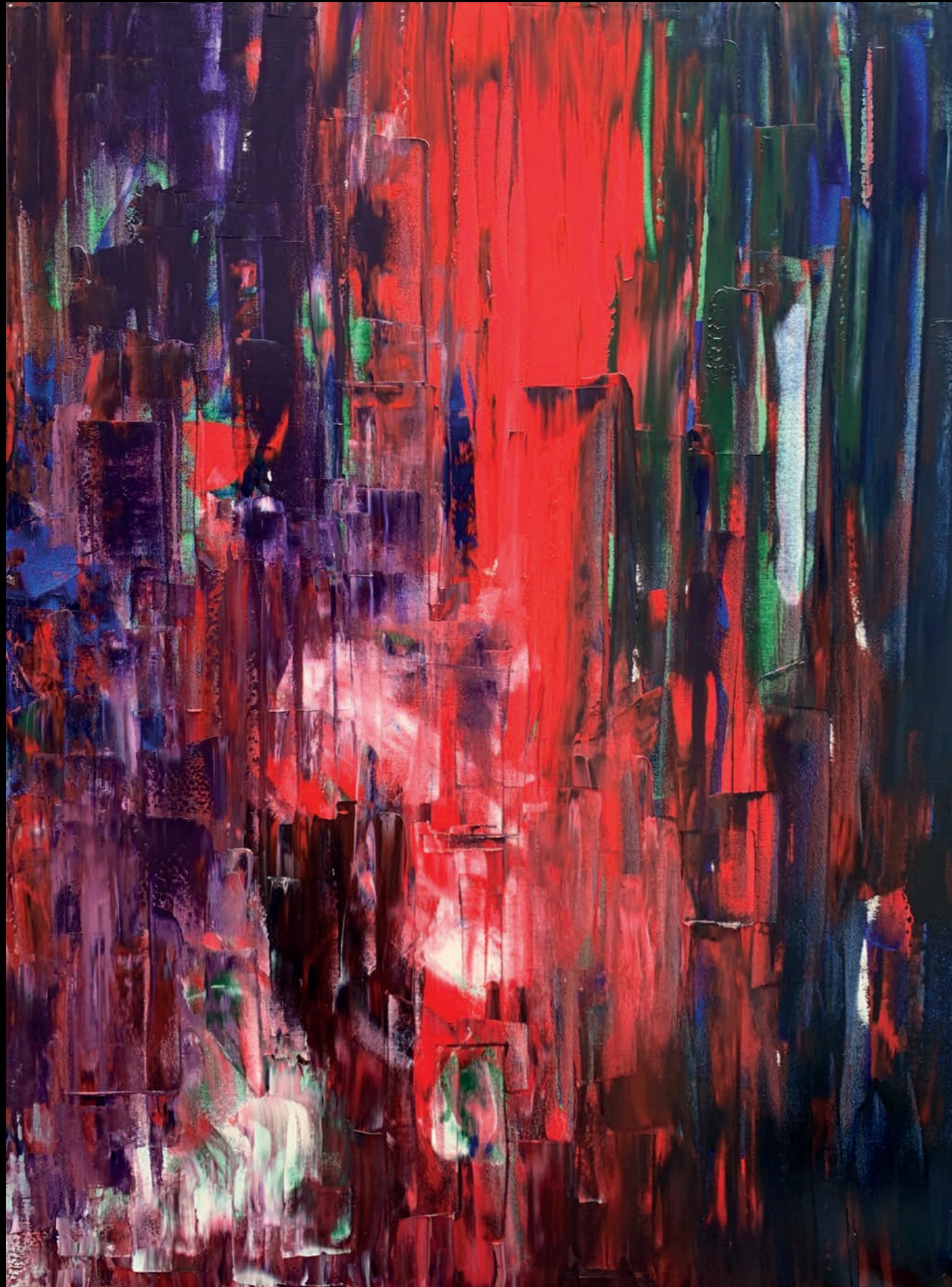
Oil on canvas
120 x 100 cm

About painting:

A lovely piece inspired by the story of Ganesh (indian God), brought from my trip to India. It is a manifest of calmness in relationships.

Any relationships bring both happiness and uncertainty to our lives. We all know that sometimes we freak out because we focus too much on our perceptions/ concerns instead of reality. This normally leads us to either destruction of the relationships or a deep dive into our imaginary world where we live until something radical happens. This artwork is about reflections and mindfulness.

This beautiful elephant brings an understanding of the fact that our own perceptions are only a tiny part of the bigger picture of reality. We need to look broader, be more attentive to each other and react calm to the mind-blowing actions that life gives us because in the end of the day, only reality is the truth. Not the illusion.



UNFORESEEN CIRCUMSTANCES

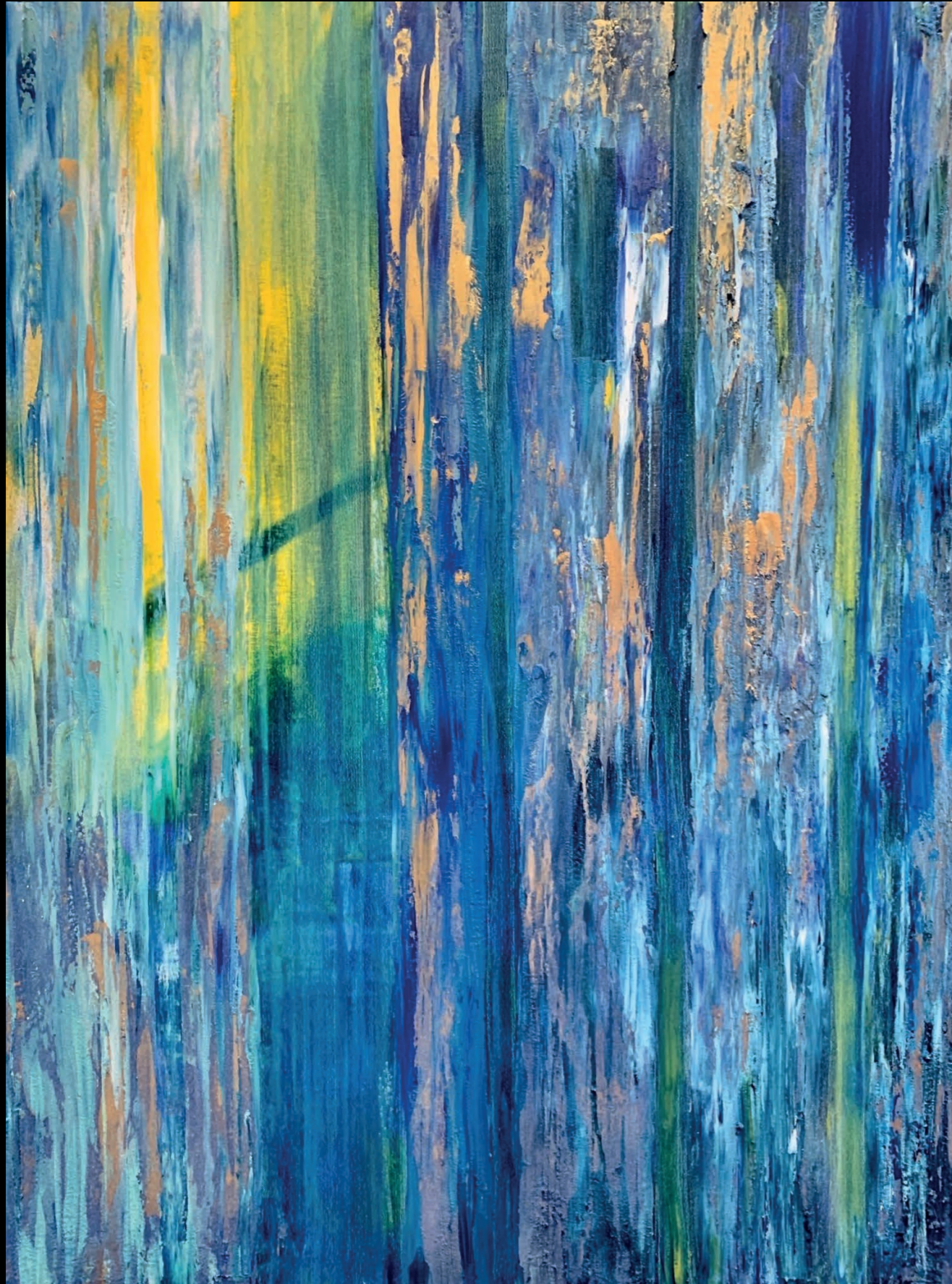
Oil on canvas
120 x 100 cm

About painting:

This painting communicates desires but doesn't give any idea of "what's gonna happen if..." This is the manifest of life paradoxes. It seems quite violent from the first sight but it actually has a very positive and strong idea behind.

This is to tell people that it is very important to look inside themselves sometimes and not only listen to what others say. This is to motivate people to break self boundaries and let whatever is inside prosper and shine. Not to be afraid but to have strength to look inside and trust yourself in any stressful situation.

When you feel like panicking, take a moment to feel these emotions, don't hide them inside and let them boil. Analyse your feelings and redirect your anger/stress flow into your power and motivation. Make it happen regardless of the Unforeseen Circumstances we're in and you will experience dramatic changes which will bring you only great realisations and real joy!



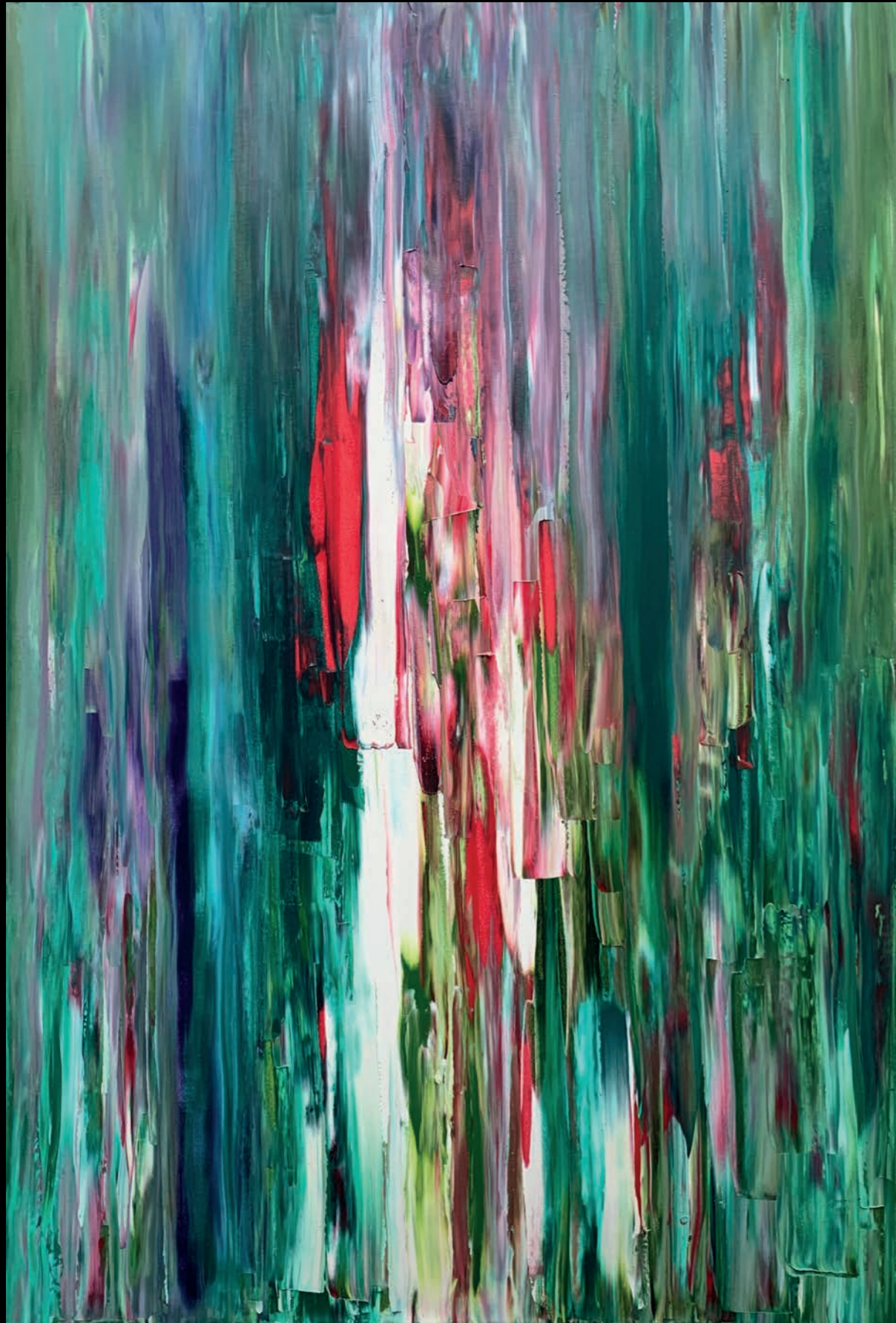
A BIT OF SUNSHINE

Oil on canvas
120 x 100 cm

About painting:

A bit of sunshine in cold water or how they say in french "Un peu de soleil dans l'eau froide" brings an absolute brightness to the world full of difficult textures and uncertainties.

Noone would argue that sunshine brings laughter and joy, miracles and happiness, hopes and loves, beauties and strengths to all kinds of species of Earth. Nothing would have ever existed without the Sun. Its' importance is priceless and so are the emotions that it brings to our reality. I wish more people could see it and be able to take some sunshine with - not hiding in shadows.



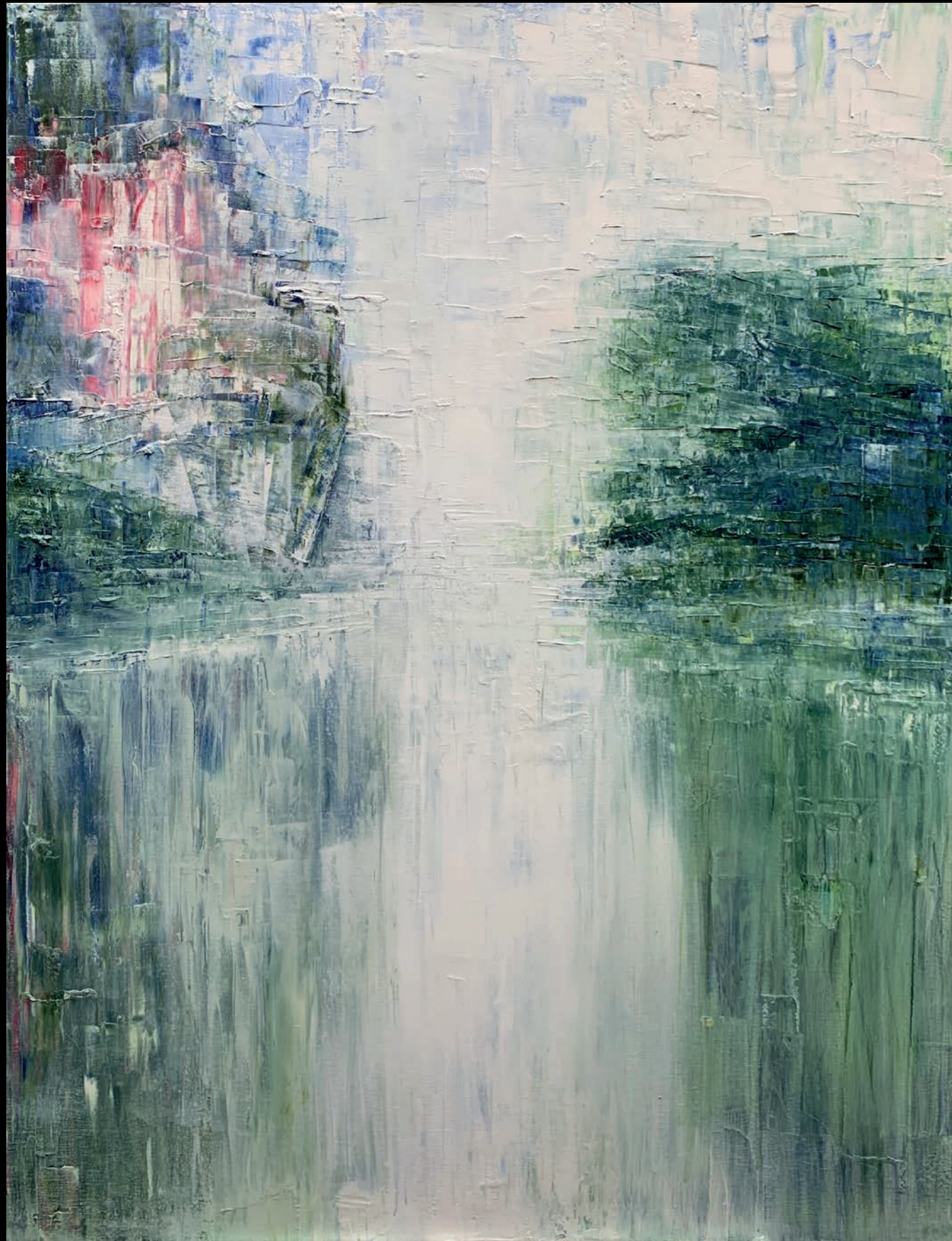
WELCOME

Oil on canvas
150 x 100 cm

About painting:

Imagine waking up somewhere in Bali... from the sounds of tropical rain... barely understanding where you are... Hearing the sounds of pouring and splattering water... Slightly opening your eyes and seeing the rainbow of silhouettes...

The colourful bliss dazzles your eyes for a split second, you hear the birds singing and the rain knocking on the leaves of huge palm trees... The water flows down from mountains making a pleasant murmuring sound... You listen to the sounds of nature... close your eyes... and re-immense yourself with a fantasy of your mind... a dream... a reflection...a warm welcome of mother Earth



PURE NATURE

Oil on canvas
120 x 100 cm

About painting:

The real Pure Nature can not be explained. It could only be felt and seen for its truth. This painting is just an illustration of a broad feeling that we all have sitting in the forest or going down the mountain river.

Fresh, sweet air, birds are singing, water splashes are heard from the waterfall and noone around. Silence, presence, this very moment... How could it be explained?



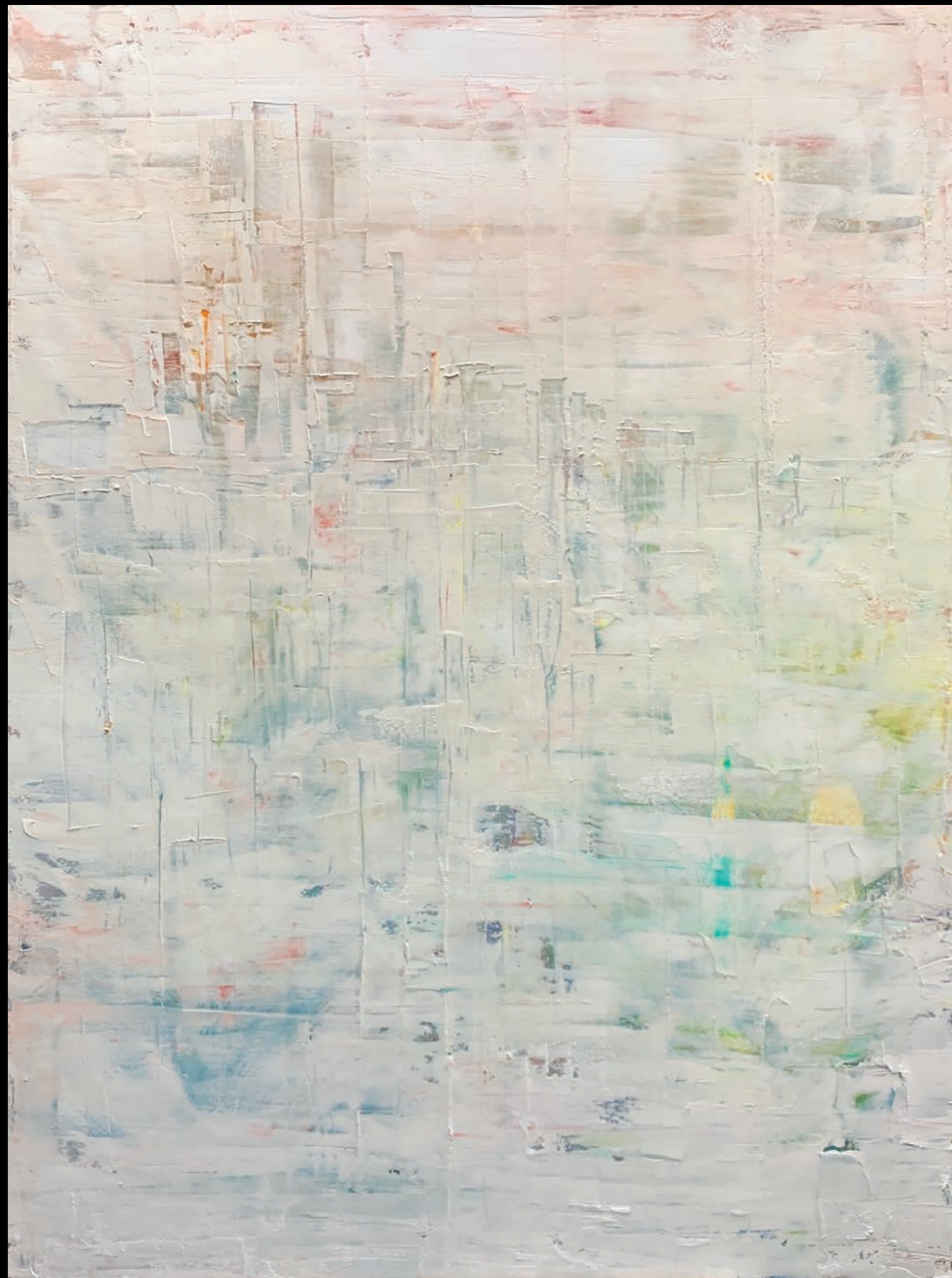
SUNSET IN MOUNTAINS

Oil on canvas
100 x 100 cm

About painting:

Mountains have a particular story in our reality. They've always been a symbol of freedom and great perspective. With all the variety of creatures living there we can imagine all sorts of different worlds with dragons and their nest in the lake, or Mariciani landscape with a beautiful sunset...

Strength, prosperity, perspective, timeless energy and beauty are speaking for themselves. The rest is down to our imagination.



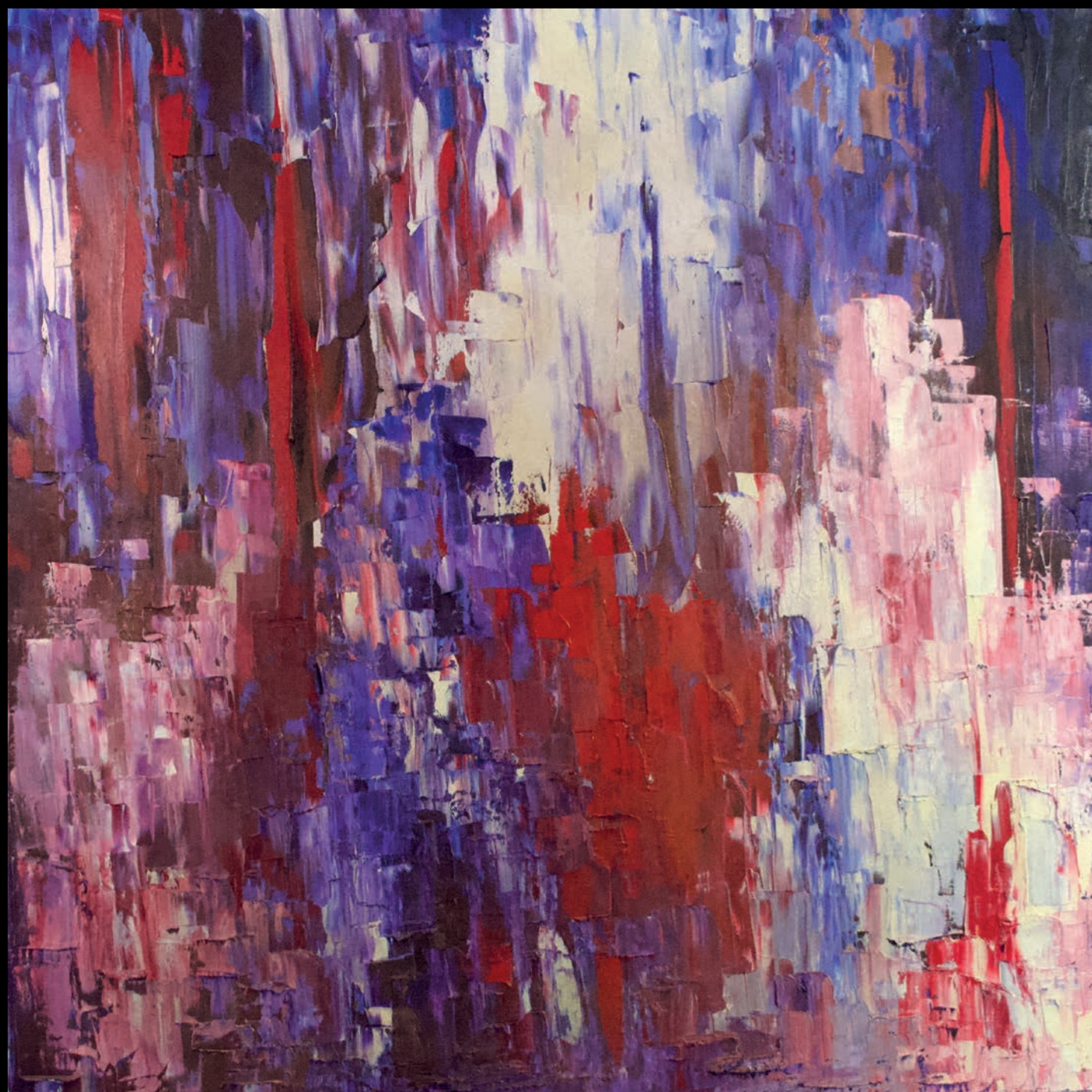
THE WORLD TO COME

Oil on canvas
120 x 100 cm

About painting:

The world to come, age to come, and heaven on Earth are eschatological phrases which reflect the belief that the current world or current age is flawed or cursed and will be replaced in the future by a better world, age, or paradise.

The concept is related to but differs from the concepts of heaven, the afterlife. There is a belief that our world could become a better place for all creatures on Earth. With all things technology and help of external planetary lives, the world will eventually become different. The only question is - maybe it has already changed but people keep living in their illusions?



THE RED FEAST

Oil on canvas
100 x 100 cm

About painting:

The Red Feast is there to celebrate Life, not moan the Death... and to be frank, if our Energy lives forever would death mean so much? Is it not just the marker of some sort which ends the living period of our character?

Maybe our Energy continues travelling to different worlds and spaces and maybe it brings joy and happiness to other creatures as well. Let's at least leave this thought on a painting and celebrate the Red Feast with flying colours - a rare occasion which will bring ease and acceptance that we all might live forever, it's just our bodies that end their course when they're supposed to.



ELEMENT

Oil on canvas
120 x 100 cm

About painting:

What is the most important element on our Planet? What runs in our bodies? Helps them move? Helps the survival of all living creatures? Makes Earth the only planet in the Universe which can have Life on?

Water is the priceless creation of the Universe. It can take any shape and form, it can store information, it can bring life to dead terrains and take life from living ones. Water can flow through space and time as space and time can run through water. Isn't it fascinating...

All artworks are authentic and one-of-a-kind originals
done by Polina Dobrotina - London based contemporary
impressionist and abstract artist.

Paintings presented in this catalogue are available for
exhibition and purchase in the UK and overseas.



Tel.: +44 7787 58 33 15

Email: contact@artdobro.com

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