

# Portfolio



Ashraf Yousefi

Painter | Musician | Educator | Athlete

2025



# Artist Bio



Ashraf Yousefi, a multidisciplinary artist and Doctor of Music, has been active in painting, music, and education for over two decades. Her works combine abstract expressionism with surreal atmospheres, portraying inner experiences, psychological transformations, and the hidden layers of the mind. She has held solo and group exhibitions both in Iran and abroad, and is also engaged in music therapy and art therapy.



# Curriculum vitae

## Educational Background

- 2001 – Computer Programming Islamic Azad University of Tabriz, Iran
- 2006 – Bachelor's Degree in Piano Performance Azerbaijan State University, Azerbaijan
- 2011 – Master's Degree in Music Pedagogy Azerbaijan State University, Azerbaijan
- 2014 – PhD in Music Therapy Azerbaijan State University, Azerbaijan

## Professional Skills

- Mastery of Painting Techniques Oil painting, watercolor, acrylic, colored pencil, pastel, charcoal drawing
- Extensive Knowledge of Global Art Styles From classical to contemporary, including Realism, Impressionism, Expressionism, Surrealism, Abstract, and Modern Art
- Creative Fusion of Techniques and Styles Skilled in blending materials and artistic perspectives to create unique and expressive works

## Exhibitions & Artistic Participation

- 2006 – Solo Exhibition, Central Museum of the Republic of Azerbaijan, Baku
- 2007 – Group Exhibition, Central Museum of the Republic of Azerbaijan, Baku
- 2008 – Group Exhibition, Central Museum of the Republic of Azerbaijan, Baku
- 2019 – Batumi Art Competition, Georgia
- 2021 – Group Exhibition, Turkey
- 2024 – Group Exhibition, Spain
- 2024 – Group Exhibition, Netherlands
- 2024 – Group Exhibition, Elanor
- 2025 – Group Exhibition, United Kingdom
- 2025 – Solo Exhibition, Vasmeh Gallery, Yazd, Iran
- 2025 – Solo Exhibition, Apameh Gallery, Tehran, Iran

## Professional Experience

- 10 years of teaching experience in Fine Arts (Painting) Private institutions and art centers in Tabriz
- 20 years of piano instruction at reputable music academies in Tabriz Specialized in classical and contemporary techniques
- 3 years of piano teaching at the University of Applied Sciences – Music Department, Tabriz
- 3 years of piano teaching at the Tabriz Music Conservatory
- Member of the Iranian Music Association
- Holder of Official Music Teaching Certification
- Registered with the National Artists' Insurance Program

## Honors & Artistic Achievements

- First Prize Winner at the Batumi Art Competition, Georgia (2019) Awarded with medal and honorary certificate
- Recipient of official commendations from all participating exhibitions
- One of my artworks is part of the permanent collection at the U.S. Embassy in Baku
- Collaborated with the Central Museum of Baku on cultural and artistic projects
- Featured in the Central Museum's Art Journal, alongside distinguished international artists
- Commissioned for custom paintings and designs by private collectors
- Holder of an official Art Card from the Iranian Music Association
- Recognized as an Outstanding Artist in multiple international art events



# Artist Statement



A Realm Where Our True Face Is Concealed Behind Emotions, Fears, And Pretenses. In This Collection, The Paintings Serve As Fractured Mirrors, Reflecting Fleeting Moments Of Truth Veiled Within Lines And Colors. Each Brushstroke Lifts A Curtain To Reveal Fragments Of This Inner World — A World Both Familiar And Unfamiliar, Both Sincere And Shrouded In Masks.

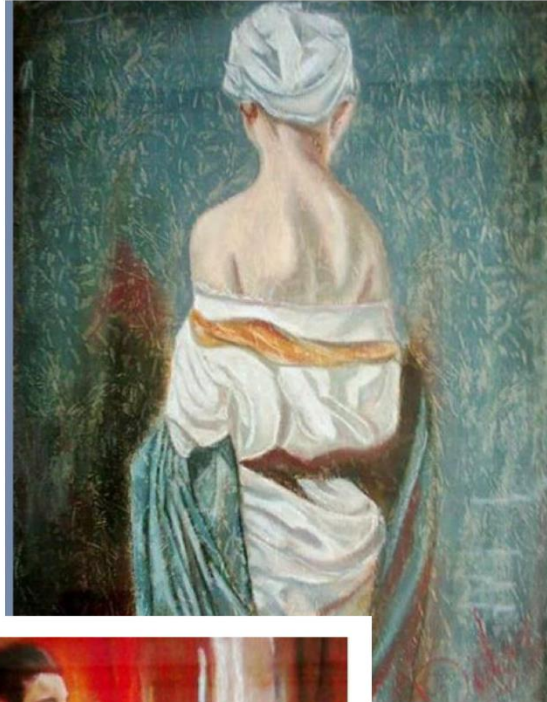


# Artistic Vision

For Me, Art Is Not Merely The Act Of Creating An Image, But A Process Of Self-Discovery And A Dialogue With The Collective Unconscious. I Believe That Colors, Textures, And Symbols Can Serve As The Unspoken Language Of The Soul — A Language That Transcends Geographical And Cultural Boundaries, Speaking Directly To Human Emotions. In My Artistic Journey, I Strive To Create Works That Invite Viewers To Embark On A Personal Exploration; A Journey Where Encountering A Painting Is Only The Beginning Of Confronting The Hidden Layers Of The Self.

# Art portfolio

Title: Return to Self  
Year: 2005  
Medium: Chalk Pastel  
Size: 50 × 70 cm



Title: Contemplation in Silence  
Year: 2005  
Medium: Chalk Pastel  
Size: 50 × 70 cm



Title: Turned Away from  
the World, Facing the Self  
Year: 2005  
Medium: Chalk Pastel  
Size: 50\*70



# Art portfolio



Title: Silent Longing  
Year: 2005  
Medium: Chalk Pastel  
Size: 50\*70

# Art portfolio



**Title: Reflection of liberation**  
**Year: 2006**  
**Medium: Oil Paint**  
**Size: 60\*70**

In this painting, through a symbolic language, the innermost layers of human existence intersect with the yearning for liberation. A human-like figure, immersed in an aura of warm and cool tones, embraces a bird with open hands—a bird symbolizing freedom, peace, or perhaps a repressed dream.

A second figure, standing behind like a darker shadow, represents the suppressed self, fears, or a past that never leaves us. This dual coexistence of the person and their shadow forms a silent dialogue between who we are and who we wish to become.

Colors in this work play a psychological role: fiery tones like red and orange, especially in the central area, evoke the warmth of life, the desire for liberation, and an inner rebirth, while the surrounding greens and browns suggest rootedness, silence, and the depth of the unconscious.



**Title: Born from within**  
**Year: 2006**  
**Medium: Oil Paint**  
**Size: 50\*70**

“Born from Within” is a metaphorical reflection on the moment when a former identity is shed, and a new form begins to emerge. The central figure — oscillating between animal and human, between body and shadow — appears to capture a moment of escape: escape from constraints, from an old skin, from a once-familiar body.

The traces of brushstrokes flowing around this figure, like waves of energy, emphasize the intensity of this transformation. The surrounding space, layered with both cool and warm tones, creates an atmosphere that hovers between dream and reality, between the womb and the outer world.

This work is not merely a figure, but a metaphor for a psychological and inner shedding of skin.



# Art portfolio



Title: Silent Coexistence

Year: 2006

Medium: Oil Paint

Size: 50\*70

In this painting, the tension of scratched lines and fractured textures emerges through an atmospheric contrast of darkness and light — a reflection of the silent, distant relationship between Earth and Sun.

Two cosmic forces bound in a life-giving coexistence, yet eternally apart — untouched, unspoken.

The light bursts with color and movement, but carries an underlying wound, wrapped in a heavy, unvoiced stillness.

"Silent Coexistence" is a metaphor for all human or natural relationships that appear harmonious on the surface, yet contain within them a quiet struggle — of separation, misunderstanding, or silent tension.

This work invites contemplation on the fragile balances that sustain existence.



Title: Edge of Dialogue

Year: 2006

Medium: Oil Paint

Size: 50\*70

"Edge of Utterance" is a visual dialogue between silence and speech, between blooming and restraint.

The violet-pink flower—evocative of lips poised to speak—emerges against a dark, textured background, inviting a deeply personal interpretation.

These lips, or this flower, do not speak in language, but in form and tension. They whisper a question: is this expression, desire, hesitation—or all at once? The ambiguity is intentional; the bloom itself seems uncertain of its message.

Sharp leaves hint at inner resistance or vulnerability, while the surrounding haze oscillates between shadow and sudden illumination.

This piece captures the suspended moment just before expression—between thought and word, emotion and utterance.



Title: Yin and Yang – Balance in Contrast  
 Year: 2009  
 Medium: Oil Paint  
 Size: 100\*100



This piece is a modern and abstract reinterpretation of the ancient Yin and Yang symbol.

The raised forms on the canvas express the inner dynamism of this balance, moving beyond the idea of absolute stillness.

Ultimately, the painting is a reminder that the world finds meaning through the harmony of opposites.

The embossed patterns and shapes, created through layered paint and texture, add depth and dimension to the composition.

The stark contrast between black and white portrays not just opposition, but evolution—a space where each element holds an invisible presence within the other.

## Art portfolio

In this piece, colors erupt like dormant rage and silent waves of the soul, breaking free from the boundaries of form and meaning. Innate Turmoil is not a representation of the external world, but a sudden eruption of hidden layers within the human psyche.

The bold brushstrokes, the unstable rhythm of colors, and the deliberate clash of light and shadow form an attempt to shatter the silence nesting within us. This canvas is the echo of a muted scream—a cry not for attention, but for liberation.

Each stain is a wound in the darkness.

Each glimmer, a pulse of hope.

Within this inner chaos, the viewer is invited to begin anew the unfinished journey of the soul—with their gaze as the guide.



Title: Innate Turmoil  
 Year: 2003  
 Medium: Oil Paint  
 Size: 50\*70



Thank you

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