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# ANGELIKA ANASTASIS

ARTIST | WRITER | SEEKER

Angelika Anastasis started her love of art as a child and has spent time discovering and 'playing' with various media ever since. She has always loved the vibration of colour which she uses with ease in her canvases. She has worked extensively with clay and immerses herself in the texture of it, culminating in winning the Regional award by Ceramics South Africa 2017.

Angelika worked for many years as a counsellor using her psychology background and UK training as a hypnotherapist". Within this space she learned of the significance of symbols seeing them as hints of intuition to take direction. "We walk away from what we feel and do rather what we think we should."

Her canvas is portal the uncharted territories of the human psyche, a place where the essence of womanhood takes centre stage. She has a passion for unveiling the hidden aspects of femininity and challenging societal norms, more recently working on themes that seek to objectify women.

Angelika has participated in both group exhibitions and joint exhibitions; she is currently working towards a solo exhibition to take place in July 2024. She enjoyed working with Mr Price during 2019-2022 to create several signature eclectic pieces.

Angelika works primarily in mixed media, using both acrylic for more contemporary pieces and oils for her signature women. Her work is expressive and bright.

In 2020 Angelika published her children's book, Thuli and the Seed of Truth, which was inspired by the work and courage of Thuli Madonsela. In 2023 she published her novel Nefeli's Water, a fictional novel underpinned by magical realism. The strength of women being the force behind most of her work.



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## EDUCATION

**1987 - 1990 PIETERMARITZBURG  
UNIVERSITY - KWA ZULU NATAL**

*Bachelor of Social Science*

**1991 - UNIVERSITY OF KWA ZULU  
NATAL DURBAN**

*Post Graduate Diploma in Industrial  
Relations and Human Resource  
Management*

**1996 - RAND AFRIKAANS  
UNIVERSITY, JOHANNESBURG**

*Honours in Psychology*

**2002 - INSTITUTE OF HYPNOSIS,  
LONDON**

*Hypnotherapy*

## ARTISTIC MEDIUM

### CERAMICS

*Bachelor of Social Science*

### PAINTING

*Mixed Media on Canvas and Paper*

## CAREER

**2016 - KIRSTY WATTS  
FOUNDATION**

*EXHIBITION: Angelika Anastasis & Jody  
Waterson*

**2017 - FIRST PRIZE FOR  
CREATIVITY IN CERAMICS**

*KZN Regional award for Ceramics South  
Africa*

**2018-CURRENT -MR PRICE  
HOMEWARE**

**2020 -THULI & THE SEED OF  
TRUTH**

*Children's Book*

**2022 - JOINT EXHIBITION**

*Pencil Club , Kwa-Zulu Natal, South  
Africa*

**2023 NEFELI'S WATER**

*Fiction Novel*

## BIBLIOGRAPHY

*All work , references and media can be  
found on [www.angelikaanastasis.com](http://www.angelikaanastasis.com)*

