

LAURA CANAL
ABSTRACT EXPRESSIONISM





ARTIST BIO

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Born in 1993 in Barcelona, Spain, Laura Canal is a self-taught abstract painter. With prior training in figurative art, she spent a trimester at the Barcelona Academy of Art in 2018. Afterward, she became less interested in representing reality, preferring the invisible, expressing emotions with complete freedom.

Influenced by meditative states, Rothko, the Gutai movement of the 1950s in Japan, and fascinated by the chiaroscuro of Caravaggio, Laura Canal creates artwork that explores various techniques and compositions. She seeks ways to innovate with materials and methods experimenting with different mediums. Art is the bridge she has always used to understand the world and herself—for Canal, art is oxygen.

Using Chinese ink, tea, acrylic, diluted washes, earth, and fire, she is driven by spontaneous and intuitive energy. Her work is a constant experiment with herself, a dialogue between chaos and clarity, aggressiveness and delicacy, passion, and sadness. For her, painting is an act of intimacy, vulnerability, and courage. Art is a way to make space for emotions, dissolve them on the canvas, reflect, and not only open the door to feelings but also feel them. Canal believes that art should always move the viewer and aims to evoke a certain discomfort in the observer, as if encountering a stranger—sometimes the stranger is oneself.





ARTWORKS

LAURA CANAL

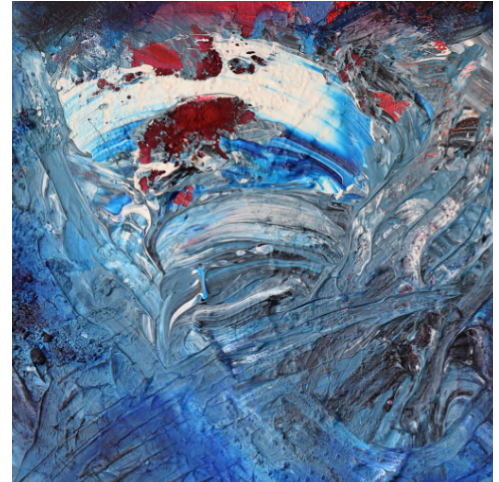
THE BLUE LEAP COLLECTION

The collection “**Blue Leap**” encapsulates the journey of an open wound in the process of healing in the ocean. From the initial bleeding to its integration into the sea and transformation into a dry scar, the process unfolds across stages of recovery. This narrative serves as a symbolic representation of healing and rebirth, reflecting a personal journey of leaving the hometown and returning years later. Blue Leap signifies an internal leap of beliefs and healing embraced by nature.

The works here were created in different years, integrating various lived experiences. One can observe layers and different materials converging with brushstrokes. Each piece becomes a conversation between duality. The collection combines acrylics with earth, water from the Mediterranean Sea, and fire, creating artworks that celebrate the relationship between human expression and the forces of nature, as an essential part of any internal healing process.



Fire is blue
2023
Mixed media on canvas
50 x 50cm



Ego
2022
Mixed media on canvas
50 x 50cm



Life
2023
Mixed media on canvas
50 x 50cm



New winds
2023
Mixed media on canvas
50 x 50cm



Silent explosion
2023
Mixed media on canvas
50 x 50cm



Sun streaking the sea
2023
Mixed media on canvas
50 x 50cm



The reflection of Jupiter in the sea
2023
Mixed media on canvas
50 x 50cm



Water sands
2023
Mixed media on canvas
80 x 80cm



HISTORY OF AN ERROR

Nietzsche said, 'He who obeys does not listen to himself.' I agree, but what thoughts are we truly listening to? In the process of exploring my own beliefs, I realized that many were adopted and obeyed by my subconscious as if they were my own thoughts.

The influence of Nietzsche and meditation made me shake off mental patterns and dilute layers, helping me embark on a journey to find my truth. I expressed this process of dissolution in my work using tea, Chinese ink, and diluted washes, allowing me to play with transparencies and create pieces where the brush barely touches the canvas. Here, I became the observer of my thoughts and my painting.

Many of the assumed beliefs, related to art and life, originated from my grandmother, who passed away during the summer. Her death marked not only the end of her life but the fading of her belief in me. I diluted soil from her rose garden and added it to all the paintings as part of a closed chapter. The collection “**History of an Error**” represents the shift toward embracing unknown parts of oneself, acknowledging mistakes, questioning, dissolving beliefs, and continuous self-exploration.



Error number 1

2023

Mixed media on canvas

90 x 60cm



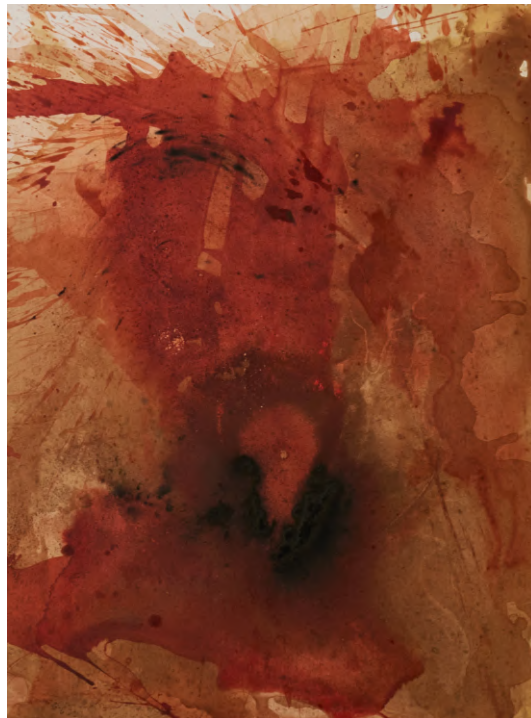
Error number 2
2023
Mixed media on canvas
100 x 70cm



Error number 3
2023
Mixed media on canvas
90 x 60cm



Error number 4
2023
Mixed media on canvas
80 x 60cm



Error number 5
2023
Mixed media on canvas
80 x 60cm



Error number 6

2023

Mixed media on canvas

90 x 60cm



Not an error

2023

Mixed media on canvas

146 x 89cm



**EXHIBITIONS
AND CONTACT**
LAURA CANAL

EXHIBITIONS

2024 Bloom Gallery Group Exhibition, Valencia, Spain

2023 Parcus Gallery Munich Group Exhibition, Munich, Germany

Le Carrousel du Louvre Art Fair, Paris, France

Parcus Gallery Group Exhibition, Aistersheim, Austria

2022 Humet Saula Finalist, Art Contest, Calella, Spain

CONTACT



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