

28/09

EXPERIENCE
THE BEAUTY
OF FLUID
MOTION
CAPTURE ON
CANVAS

STEP INTO A WORLD
WHERE COLOURS DANCE
AND EMOTIONS FLOW

FLOW IN COLOURS



ARTIST:
SOFEA NASIR





“Blossoms of Blue Light”

Features & Colors: Blues, whites, blacks, and veins of gold ripple like petals opening in concentric rings. Each circle has a darker center, radiating outward into lighter, delicate webs, resembling blossoms captured in motion.

Emotions: Serenity, wonder, renewal.

Sofy has painted this piece inspired by flowers — fragile yet powerful symbols of life. The three blossoms embody growth, beauty, and the cycles of opening and unfolding. The golden veins suggest vitality flowing through them, while the blues evoke calmness and depth. This painting is a meditation on how even the simplest flower carries the universe within it, reflecting resilience, grace, and the quiet miracles of nature.

“Light Beyond the Break”

Features & Colors: A circle split into two halves, black as the base, with streaks of yellow, red, pink, and blue shooting through. The break feels deliberate — like yin and yang torn apart.

Emotions: Fragmentation, duality, longing. But also energy, because the colors still burn brightly across the separation.

Exploration of disconnection — inspired by heartbreak and a sense of incompleteness. Yet the flames show that even when things break, they don't lose their vibrancy. The piece symbolizes Sofy's own resilience in moments where life felt divided — perhaps love lost and found, or the challenge of holding multiple identities (woman, Muslim, modern, traditional).





“Eruption of Renewal”

Features & Colors: A volcanic eruption of forms, where turquoise waters crash into fiery orange, glowing yellow, and volcanic black ridges. The composition has a raw, tectonic energy.

Emotions: Tension, transformation, resilience.

Sofy painted this to embody the paradox of creation through destruction. The fire represents past pains that erupt, while the turquoise waters bring cooling clarity. This piece whispers of survival after chaos — a reminder that beauty emerges when opposites collide.

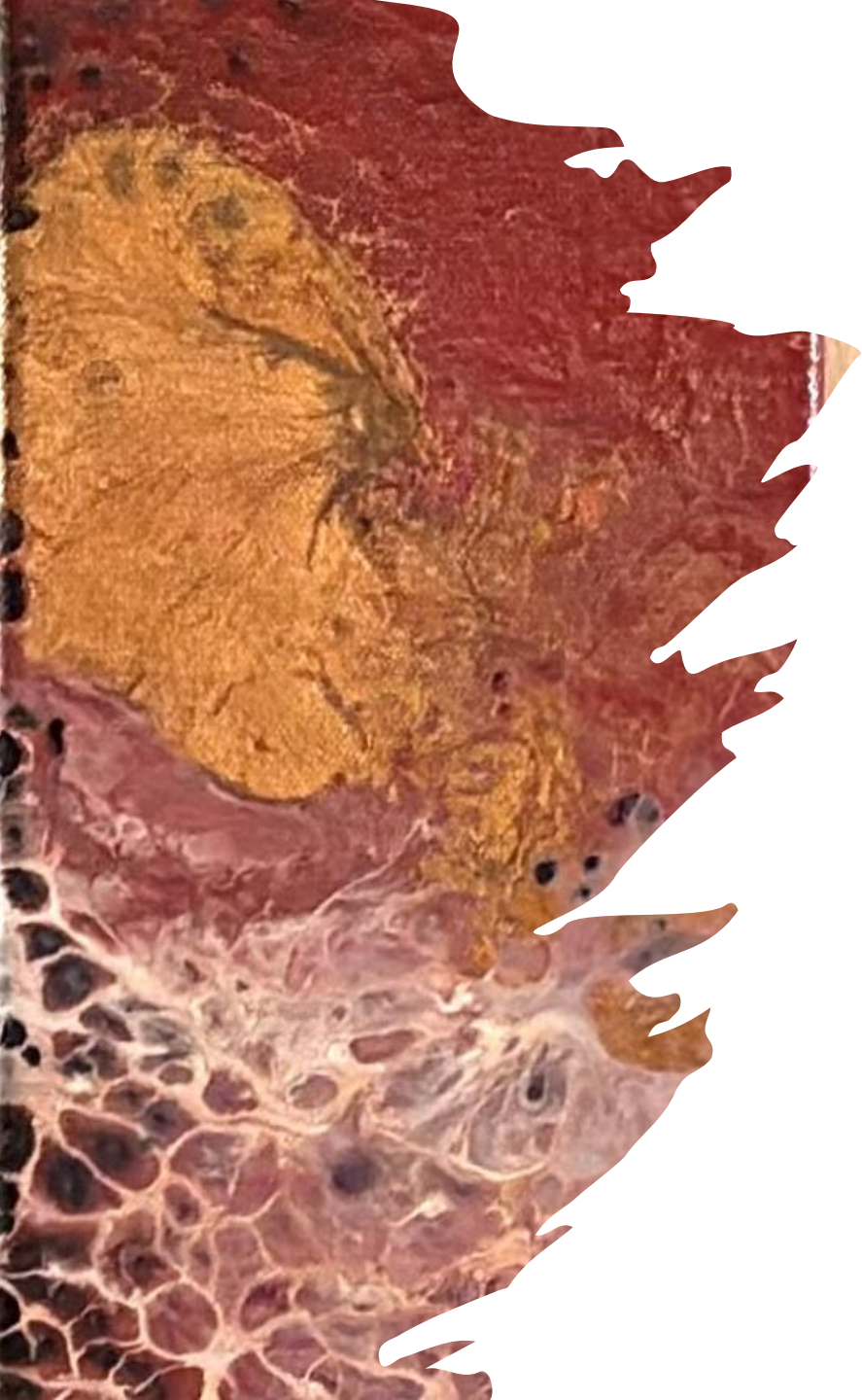
“Stillness Within”

Features & Colors: A bright white void in the center radiating outward, surrounded by smoky blacks with veins of shimmering gold.

Emotions: Silence, contemplation, inner strength.

Sofy's wanted to portray her meditation on the idea of a soul's sanctuary — a safe, untouched center surrounded by the turbulence of life. The golden streaks hint at hope and divine protection, like light cutting through storms. A reminder: no matter how loud the world, within lies an unshakable stillness.





“Roots of Gold”

Features & Colors: Crimson dominates the background, with earthy textures, golden spreads, and cellular ivory veins crawling across.

Emotions: Passion, grounding, ancient energy.

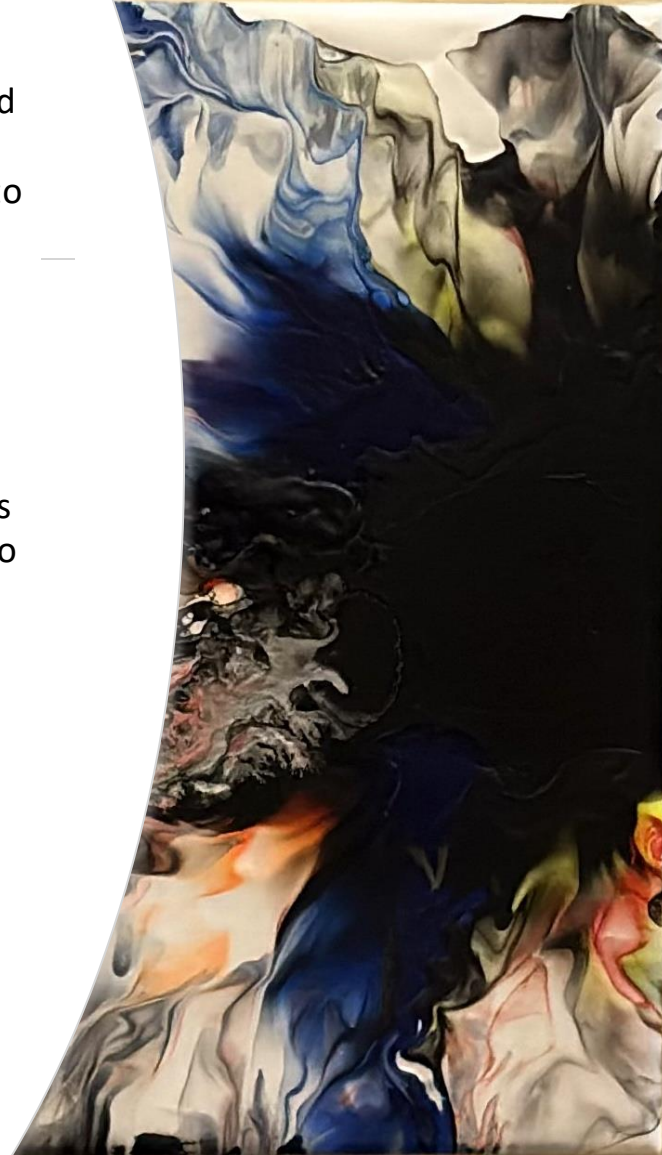
Sofy has drawn inspiration from ancestral roots. This feels like the heat of buried memory, where passion and history fuse. The gold suggests wisdom, while the red speaks of life force and love, eternal and burning.

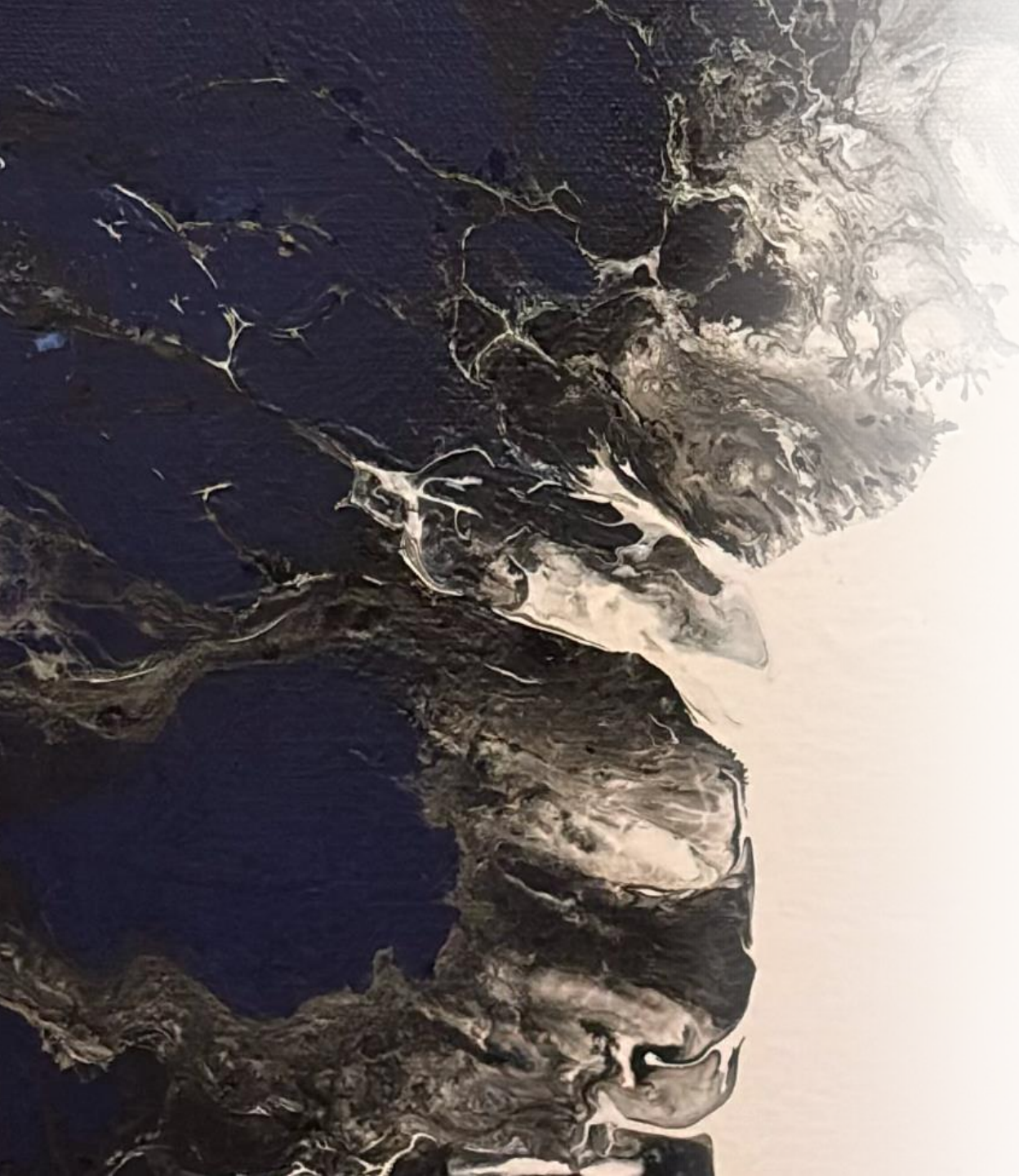
“Dual Souls”

Features & Colors: Two mirrored canvases, with black central blossoms exploding outward into icy whites, deep blues, fire-orange, and emerald flickers.

Emotions: Duality, intimacy, conversation.

These paintings symbolize Sofy’s dialogue with her partner — two souls blooming side by side, different yet intertwined. One canvas speaks, the other answers. Together, they capture a dance of contrasts: night and day, grief and joy, solitude and togetherness.





“Passage into Light”

Features & Colors: Deep midnight navy spreads across one side, dissolving into luminous whites and smoky greys.

Emotions: Mystery, longing, quiet confrontation.

Sofy painted this as a reflection on crossing thresholds — stepping from darkness into clarity. The painting feels like a shoreline at night, where waves kiss land under moonlight. It is a passage painting: the courage to leave the comfort of shadow for the unknown promise of light.

“Healing Flow”

Features & Colors: Gentle blue-greens and golden strokes flowing across white space like rivers across land.

Emotions: Calm, renewal, healing.

Sofy’s inspiration was been water’s wisdom — how it flows around obstacles, reshaping landscapes patiently. This is a painting of surrender, trust, and the promise that movement, no matter how slow, brings growth. It radiates peace, like breathing after a storm.





“Buried Treasures”

Features & Colors: Swirls of emerald green, black, teal, and metallic gold flowing together with depth and complexity.

Emotions: Depth, mystery, ancestral calling.

Sofy’s exploration of earth’s inner world — caverns, roots, minerals. A painting that dives beneath the surface of appearances into hidden truths. She painted it while thinking of her own depths, her shadows, her buried treasures. It is a mirror of what lies beneath.

“Golden Scars”

Features & Colors: Swirls of white and black, streaks of blood-red, and warm gold weaving through like veins.

Emotions: Conflict, courage, rebirth.

Sofy used this canvas to process pain. The red veins resemble wounds, but the gold hints at alchemy — the Japanese concept of *kintsugi* (healing brokenness with gold). It tells a story of scars not as shame, but as art.



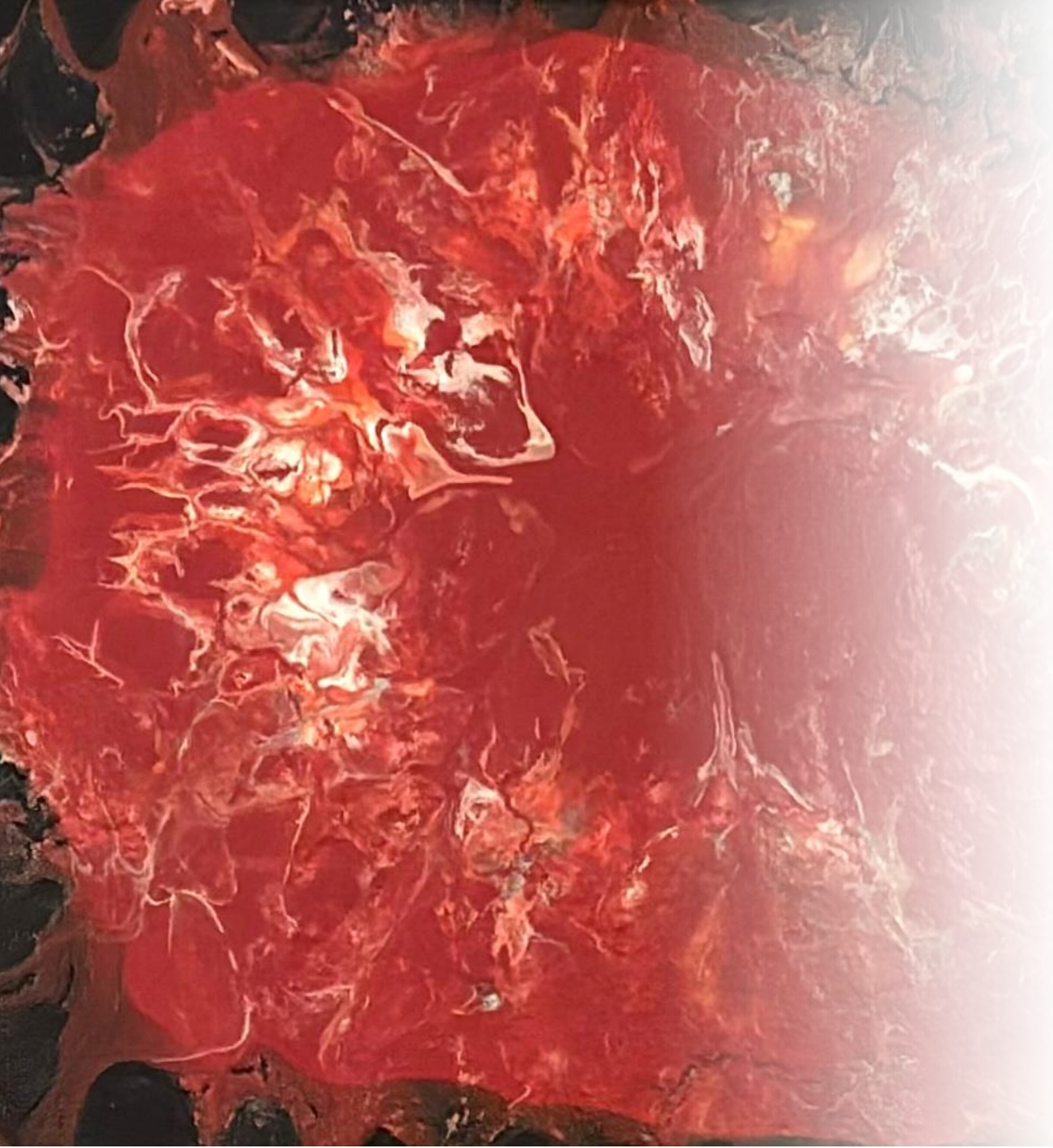


“Unbroken Flame”

Features & Colors: A bold vertical river of blue, red, white, and green streaks splitting the canvas of darkness.

Emotions: Defiance, strength, individuality.

Sofy’s declaration: even in darkness, her colors cannot be silenced. Like a flame of life-force tearing through night, it is both rebellion and celebration. She painted this as a reminder of her own inner fire, unstoppable against the blackness of despair.



“Heart of Fire”

Features & Colors: A fiery red core bursts outward with white lightning-like veins, framed by smoky blacks.

Emotions: Passion, anger, vitality.

This painting feels like a release — of rage, love, or sheer energy. It’s the rawest of the collection, a canvas that cannot be ignored. Sofy painted this at a moment of emotional eruption, needing to let her inner fire out. It is destruction, but also creation — the same fire that burns is the one that fuels life.

Two-Panel

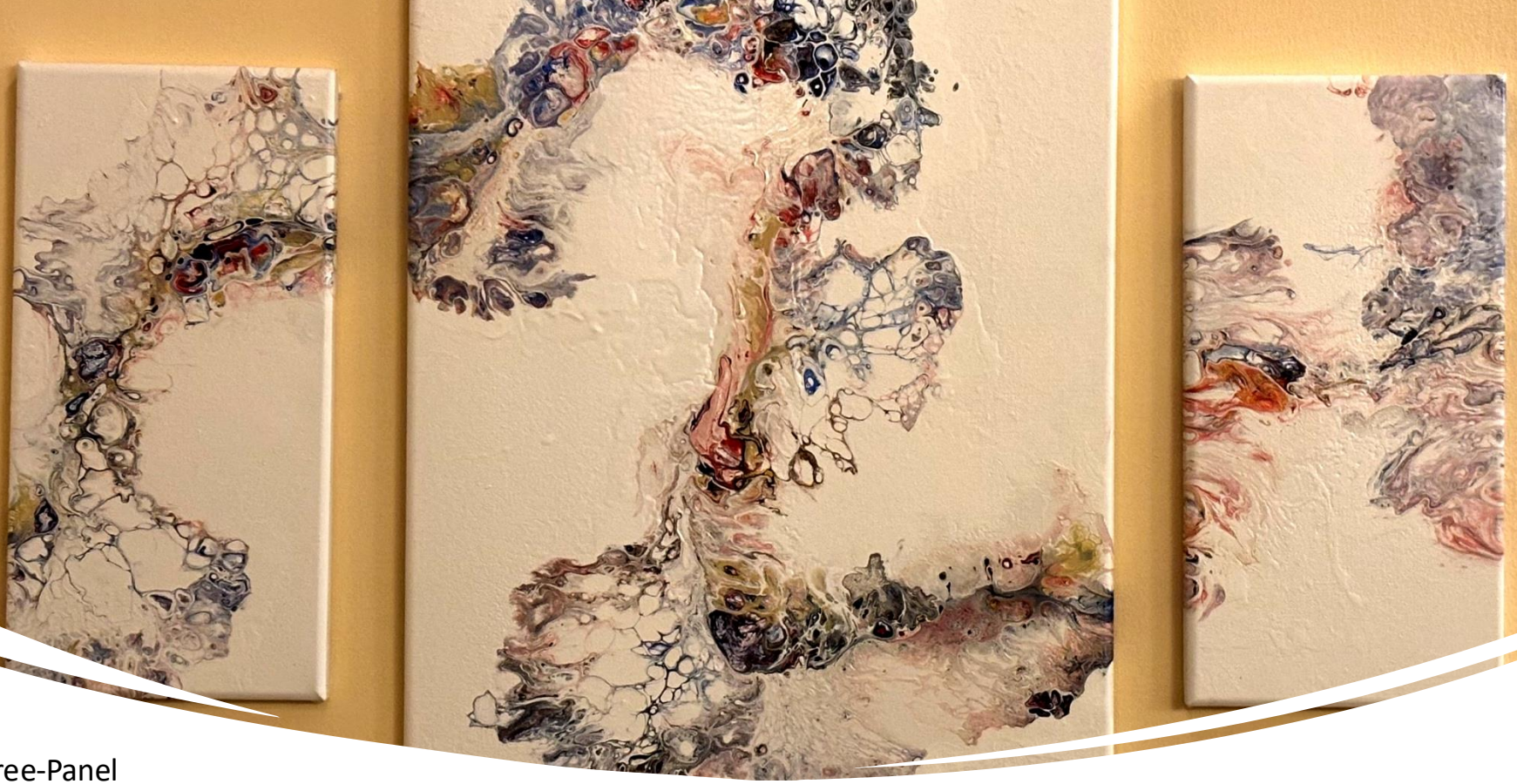
“When Sky Meets Earth”

Features & Colors: The top canvas swirls with blues, silvers, and whites — evoking waves and icy skies. The bottom canvas flows with browns, coppers, and greens — evoking fertile land, roots, and warmth. The large central white space feels like a void where the two realms might meet but don’t touch.

Emotions: Tension, balance, anticipation. The painting carries both serenity (the flow of the blues) and groundedness (the earthy tones).

Sofy was been inspired by the meeting of two worlds — sky and earth, water and fire, rationality and emotion. It reflects her journey of bridging opposites: tradition and independence, faith and freedom, the masculine and feminine. It’s a dialogue between two forces that cannot merge but deeply influence one another.





Three-Panel

“Delicate Flow”

Features & Colors: Pale, airy swirls of blues, purples, golds, and reds ripple gently across cream-white canvases. The movement is light, soft, and intricate, like lace or coral.

Emotions: Calm, healing, intimacy. A gentler and quieter energy compared to her more explosive works.

Sofy painted this as a way of finding peace after turbulence. It feels like a whisper, a sigh of relief, or the softness of being held. It represents intimate love, where emotions are fragile but beautiful — like the quiet joy of being truly seen by someone.



Three-Panel

“His Thistle”

Features & Colors: Black and gold veins split across a white canvas, forming sharp, dramatic contrasts. The four panels resemble both fractured stone and radiant pathways, with branching flows spreading outward like roots, rivers, or lightning bolts. Hints of blue soften the gold, adding depth and coolness to the otherwise fiery veins.

Emotions: Strength, endurance, mystery, and determination. The painting pulses with a sense of life force — unstoppable energy that both anchors and expands, electric yet deeply grounded.

Sofy has painted this piece as a tribute to her partner Yuri's journey in Scotland. The composition mirrors the ups and downs he faced living there, where resilience was tested against uncertainty. The branching veins are like paths that fracture but never break, echoing how life carries us forward even through struggle.

The painting draws inspiration from Scotland's national symbol, the **Thistle flower** — a plant both humble and regal, able to thrive in the harshest conditions. Its purple bloom stands proud despite rocky soil and stormy weather. It is a message of empowerment and rootedness: no matter how fractured the path appears, the current of life keeps flowing, and beauty blooms where resilience meets courage.



Five-Panel

“Volcano of Emotions”

Features & Colors: Dominant blacks and whites, accented with red, pink, and copper. The paint rises from the bottom like lava erupting, reaching upward into a calm white space.

Emotions: Intensity, catharsis, resilience. It feels like a storm or eruption releasing deep-held energy.

This painting embodies release — like anger, grief, or passion boiling to the surface. Sofy has painted this after a triggering moment, transforming inner chaos into structured beauty. The composition shows how even explosions of emotion can form balance when expressed openly.





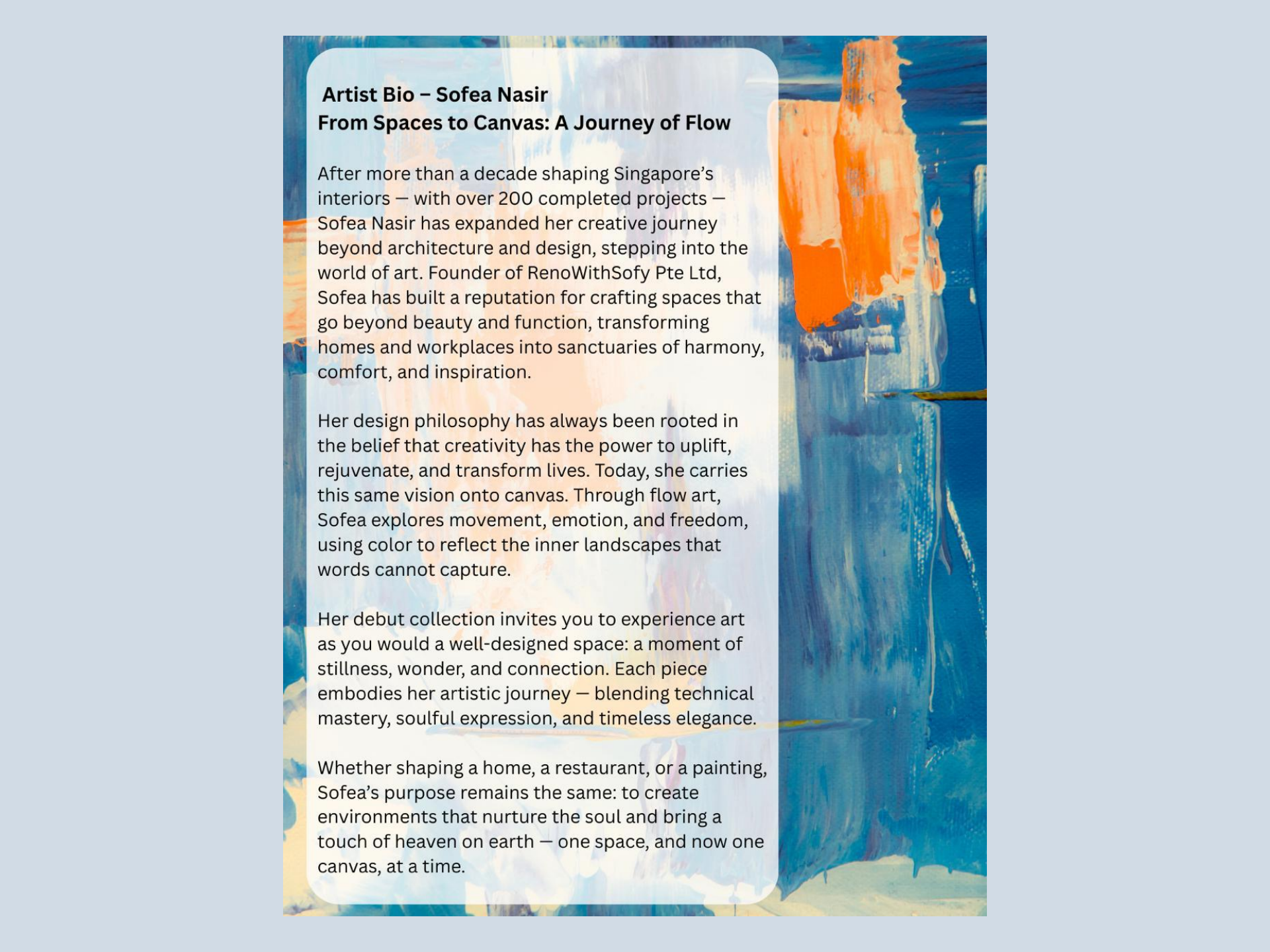
Three-Panel

“Color Dance”

Features & Colors: Bursts of rainbow shades — turquoise, yellow, red, purple — flow like ribbons across the panels, connecting them with energy and movement. The white background feels like a stage for life’s performance.

Emotions: Playfulness, passion, liberation. It feels alive, almost musical.

This painting has been born out of joy in dancing bachata, where bodies move in waves of connection and separation. Each color represents a different emotion — joy (yellow), passion (red), wisdom (blue), and mystery (purple). Sofy may have painted this to celebrate the freedom of expressing herself without boundaries, like letting energy flow without fear of judgment.



Artist Bio – Sofea Nasir

From Spaces to Canvas: A Journey of Flow

After more than a decade shaping Singapore's interiors — with over 200 completed projects — Sofea Nasir has expanded her creative journey beyond architecture and design, stepping into the world of art. Founder of RenoWithSofy Pte Ltd, Sofea has built a reputation for crafting spaces that go beyond beauty and function, transforming homes and workplaces into sanctuaries of harmony, comfort, and inspiration.

Her design philosophy has always been rooted in the belief that creativity has the power to uplift, rejuvenate, and transform lives. Today, she carries this same vision onto canvas. Through flow art, Sofea explores movement, emotion, and freedom, using color to reflect the inner landscapes that words cannot capture.

Her debut collection invites you to experience art as you would a well-designed space: a moment of stillness, wonder, and connection. Each piece embodies her artistic journey — blending technical mastery, soulful expression, and timeless elegance.

Whether shaping a home, a restaurant, or a painting, Sofea's purpose remains the same: to create environments that nurture the soul and bring a touch of heaven on earth — one space, and now one canvas, at a time.