

Curriculum Vitae

Kaia Otstak (b. 1987, Estonia)

FIELD OF ACTIVITY

Art (painting, graphics, performance-art), philosophy, freelance art- and dance-art critics

EDUCATION

- 2011 – 2016 Tallinn University, Estonian Institute of Humanities, Tallinn, Estonia
Master of Arts in Humanities, Philosophy
- 2007 – 2011 Tallinn University, Estonian Institute of Humanities, Tallinn, Estonia
Bachelor of Arts in Humanities, Philosophy
- 2016/10-2017/05 Old-Slavic Calligraphy Base Course, Tallinn School of Calligraphy
60 hours, tutor Tatiana Jakovleva
- 2016/04-05 Calligraphy Course “Gothic Letter”, Tallinn School of Calligraphy
20 hours, tutor Triin Väli
- 2010 – 2012 Russian icon painting, tutor Maiu Varner

SOLO EXHIBITIONS

- 2017 *Inner Nature*, Kaia Otstak & Karin Strohm, Valga Museum, Valga
- 2017 *Inner Nature*, Kaia Otstak, Karin Strohm & Kärt Hammer, Museum of New Art, Pärnu
- 2015 *Introduction to Paradise*, Kaia Otstak & Olivia Parmasto, Tartu Art House, Tartu
- 2014 *Kilometres*, MoKS Gallery, Mooste
- 2014 *Kilometres*, Võru City Gallery, Võru
- 2012 *Peace Time/ War Game*, Art Container's Gallery, Tallinn
- 2011-2012 *Peace Time/ War Game*, Estonian Ministry of Defence, Tallinn
- 2011 *Close to Earth*, Restaurant Kärme Küülik, Tallinn
- 2011 *Peace Time/ War Game*, Pärnu City Gallery, Pärnu
- 2010 *Paintings 20..-20..*, Cityplatz, Tallinn
- 2010 *Vari vari (Shadow('s) Shadow)*, Metropol Gallery, Tallinn
- 2009 *Paintings*, Telemaja's Cafe, Tallinn
- 2009 *Photos*, Club Shah, Tallinn
- 2008 *Photos*, Cafe Eat, Tallinn
- 2008 *Kaia Otstak & Kärt Hammer*, Cafe Peterson, Tallinn

SELECTED GROUP EXHIBITIONS

- 2017 Calligraphy exhibition *Ars Littera – 2017*, Grusbeke Tower, Tallinn, Tallinn School of Calligraphy and School of Calligraphy “Ot Aza do Izitsy” in Saint Petersburg
- 2017 *Tõe ja õiguse inimesed* (Prima Vista), Tartu City Library, Tartu, Tiina Tammetalu
- 2016 International exhibition of calligraphy *Ars Littera – 2016*, Grusbeke Tower, Tallinn, Tallinn School of Calligraphy and School of Calligraphy “Ot Aza do Izitsy” in Saint Petersburg
- 2015-2016 *Annual Exhibition of Tartu Art*, Tartu Art House, Tartu, Eike Eplik
- 2012-2013 Redwall Office, Tartu

2012 *Hullu kala maja*, Metropol Gallery, Tallinn
2012 *ESTOMANIA*, Oksasenkatu 11, Helsinki, Johanna Sipilä
2009 *Liquid's "EFFEL"*, Metropol Gallery, Tallinn
2009 *AHNE*, Rotermanni 4, Tallinn
2008 *Diletantide Avangard*, Culture Factory Polymer, Tallinn
2007 *Kultuuritehase festival*, Culture Factory Polymer, Tallinn
2006 *PIIRITUS*, Culture Factory Polymer, Tallinn

STIPENDIUMS, PROJECTS AND RESIDENCIES

2019 I period, creative stipendium, Cultural Endowment of Estonia
2019 Väinö Tanner Foundation grant for Mazzano Romano artist's guest studio, Italy
2014 II period, creative grant, Cultural Endowment of Estonia
2014 Studio residency, MoKS, Center for Arts and Social Practice, Mooste, Estonia
2014 I period, creative grant, Cultural Endowment of Estonia
2013 guest of the fourth week of Evi Pärn's residency: *The Power of Media*. Püha Vaimu SAAL, Kanuti Gildi SAAL, Tallinn, Estonia

SELECTED PERFORMANCES

2015 *Listening*, Jumala: Kätкеты kehä, Merikaapelihalli, Helsingin Kaapelitehdas, Helsinki, Finland
2015 *Listening*, reFORMAT VILNIUS, BiteVilnius, UMI galerija Kalnas, Vilnius, Lithuania
2014 *Homage to Roi Vaara*, Asian Studies summer school, Võsu, Estonia
2014 *Grateful*, MoKS Open Studios, MoKS, Mooste, Estonia
2014 *John 7:8*, European Forum of LGBT Christian Groups, Tallink Spa & Conference Hotel, Tallinn, Estonia
2013 Showing after Evi Pärn's residency's (*The Power of Media*) fourth week, Püha Vaimu SAAL, Kanuti Gildi SAAL, Tallinn, Estonia
2013 *Embodied Landscapes*, seminar "Landscape and coloniality", Tartu Art Museum, Tartu, Estonia
2013 *National Prayer Breakfast* (Raul Rajangu), Dimanche Rouge, Gallery Augusta, Helsinki, Finland
2013 *National Prayer Breakfast* (Raul Rajangu), Dimanche Rouge, Culture Factory Polymer, Tallinn, Estonia
2013 *In the End of Winter I Wished a Beginning of Winter*, Dimanche Rouge, Culture Factory Polymer, Tallinn, Estonia
2013 *In the End of Winter I Wished a Beginning of Winter*, Patarei Kultuuritolm, Tallinn, Estonia
2013 *John 7:8*, Otets Paisiy Street Festival ("Улица Отец Паисий" 2013 – ПОВЕДЕНИЕ"), Plovdiv, Bulgaria
2013 *Flavour or Ethics?* Freedom Square, Tallinn, Estonia
2012 *Interviewing a Human Being*, Dimanche Rouge, KUMU Art Museum, Tallinn, Estonia
2012 *Interviewing a Human Being*, Dimanche Rouge, Culture Factory Polymer, Tallinn, Estonia
2012 *John 7:8*, Dimanche Rouge, Sokos Hotel Viru (Cafe Amigo), Tallinn, Estonia
2012 *Blood Minerals*, Hobusepea Gallery, Tallinn, Estonia
2012 *Blood Minerals*, Global Container XXV, Culture Factory Polymer, Tallinn, Estonia
2012 *John 7:8*, ESTOMANIA, Gallery Myymälä2, Helsinki, Finland
2012 *Mothers* (part of Erki Kasemets' Polygon Theatre's "PMV"), Baltoscandal, Rakvere, Estonia
2012 *Practising for War* (Mari Prekup, Kaia Otstak, Toomas Tammaru, Mari Aaltonen & Pekko

Rinkinen), Art Container's gallery, Tallinn, Estonia
2012 *Interviewing a Human Being*, Esitajate Markkinat, Zodiac, Cable Factory (Kaapelitehdas), Helsinki, Finland
2011 *Luminoso feat. Secret Reich* (Raul Rajangu), Vaal Gallery, Tallinn, Estonia
2011 *Meeting* (Kaia Otstak & Toomas Tammaru), Pärnu City Gallery, Pärnu, Estonia
2010 *Anonymous Cultist* (stand-up tragedy), Draakon Gallery, Tallinn, Estonia
2010 *Golden Eggs*, EAST, Tallinn, Estonia
2010 *Mitte aasta*, Metropol Gallery, Tallinn, Estonia
2010 *Cave* (Kaia Otstak & Gerli Kont), Action Apartment, Riga, Latvia
2010 *Forces in Contradiction* (Kaia Otstak & Gerli Kont), Action Apartment, Riga, Latvia
2010 (Margus Sorge Tiitsmaa & Kaia Otstak), Viljandi City Library, Viljandi, Estonia

COLLECTIONS

Imago Mundi (collected by Luciano Benetton)

SOME ILLUSTRATIONS

2019 Akadeemia (1.) (Periodical)
2018 Solstitium 2019 (fb header, flyer & hand ribbon)
2018 Margit Ross, Argo Mund, Madli Kumpas "Johannes 3. Gümnaasiumi eesti keele õpik"
2017 Balkan Beats Tallinn vol 9 (poster)
2017 Balkan Beats Tallinn vol 8 (poster)
2016 Balkan Beats Tallinn vol 7 (poster)
2016 blogi.kultuur.info "All My Friends Are Ecstasy" Kaia Otstaki värvides" URL = <<http://blogs.kultuur.info/all-my-friends-are-ecstasy-kaia-otstaki-varvides/html>> [14.12.2016]
2014 Teeleht (December) (magazine)
2014 Teeleht (November) (magazine)
2014 ISCKON "War inside and outside of us: what is the ultimate peace formula?" (poster)
2014 Balkan Beats Tallinn logo
2014 Balkan Beats Tallinn Does Tartu (poster)
2014 Balkan Beats Tallinn vol 6 (poster)
2013 Steve Duffy "The Moment of Panic", PS Publishing (photo on book cover)
2013 Balkan Beats Tallinn vol 5 (poster)
2013 Balkan Beats Tallinn vol 4 (poster)
2013 in tempo: *Estonian contemporary dance 2013-2014* (magazine)
2013 Balkan Beats Tallinn vol 3 (poster)
2013 Balkan Beats Tallinn vol 2 (poster)
2012 Akadeemia (10.) (Periodical)
2012 Rosalyn W. Berne "Waiting in the Silence", Spore Press (book cover)
2011 "Nekromanteion" anthology of science fiction. Redact by Arvi Nikkarev. Saue: Skarabeus
2011 Diletantide Avangard (poster & flyer)
2011 Müürileht (14: Kevad) (magazine)
2010 EHI symposium (poster)
2010 Akadeemia (3.) (Periodical)
2008 Mesimumm (01) (magazine)
2008 Mesimumm (08) (magazine)
2008 Festival Fantast (homepage, posters & flyers)
2007 Mesimumm (12) (magazine)

2006 Kristi Kõiv "Kiusamiskäitumise mitu tahku"
2006 LOOK (kevad) (magazine)
2004 Diletantide Avangard (poster & flayer)

PUBLICATIONS

- O t s t a k, Kaia 2019. Äratatud piltide keel/ Jaan Lahe jutluste kogumikust „Uks teise maailma“ (*The Language of the Awakened Pictures/ About the Jaan Lahe's Compendium The Door to the Another World*). – *EELK Mustamäe Maarja Magdaleena koguduse ajaleht*, juuni 2019, nr 8, lk 2. URL = <https://mustamaekogudus.weebly.com/uploads/6/6/0/5/6605081/koguduse_ajaleht_a4_2019-06.pdf> [30.07.2019]
- O t s t a k, Kaia 2019. Armsal teekonnal (*On the Lovely Path*). – *Armastuse põhjendus: Pühendusteos Andres Luurele, filosoofile ja semiootikule*, Toim. Margus Ott, Kalevi Kull, Tartu: Tartu Ülikooli Kirjastus, lk 191-196
- O t s t a k, Kaia 2018. Edeva ja tühise surev loomus (*Dying Nature of Vainness*). – *Kunst on moos elu saiakäärul: Artishoki artiklikogumik*, Ed. by Margus Tamm, artishok.blogspot.com, pp. 103-105
- O t s t a k, Kaia 2015. Kujutamatu kujutamine: IGATSUS (*Depicting of Undepictable: LONGING FOR*). – *Artishok*. URL = <<http://artishok.blogspot.com/2015/01/kujutamatu-kujutamine-igatsus.html>> [12.01.2015]
- O t s t a k, Kaia 2014. Balto-teatri-sotsiaal-kunsti-esteetika-tsiivilisatsiooni-tantsu-scandal (*Balto-theatre's-social-art-aesthetics'-civilisation-dance-scandal*). – *TeaterMuusikaKino*, 12, pp. 43-49
- O t s t a k, Kaia 2013. Tuvide lihalikkus ja armastuskirjad (*The Fleshness of Pigeons and Love Letters*). – *Artishok*. URL = <<http://artishok.blogspot.com/2013/10/tuvide-lihalikkus-ja-armastuskirjad.html>> [09.10.2013]
- O t s t a k, Kaia 2013. A Presentation about Escaping/ Arriving. – *KUNST.EE*, 2, pp 55-57
- O t s t a k, Kaia 2013. Extension of... (?). – *Wader*. URL = <<http://www.wadermedia.com/extension-of/>> [08.05.2013]
- O t s t a k, Kaia 2013. Behind the Masks. Is There a Such a Place? – *Echo Gone Wrong*. URL = <<http://www.echogonewrong.com/review-from-estonia/behind-the-masks-is-there-such-a-place/>> [24.04.2013]
- O t s t a k, Kaia 2013. Kolm päeva uut tantsu (*Three Days of New Dance*). – *Areen, Eesti Ekspress* (25. aprill 2013, 17 (1220)), p. 39. URL = <<http://ekspress.delfi.ee/news/areen/kolm-paeva-uu-tantsu.d?id=66027862>> [12.06.2014]
- O t s t a k, Kaia 2013. Maskide taga. Kas on sellist kohta? (*Behind the Masks. Is There a Such a Place?*). – *Artishok*. URL = <<http://artishok.blogspot.com/2013/03/maskide-taga-kas-on-sellist-kohta.html>> [22.03.2013]
- O t s t a k, Kaia 2013. Unenäomaskide loojad (*Creators of Masks of Dreams*). – *Femme*. URL = <<http://www.femme.ee/uudishimulik/persoon/8427>> [13.03.2013]
- O t s t a k, Kaia 2013. Helsingi tantsurohkest sügisest (*About Helsinki's Autumn Dance*). – *TeaterMuusikaKino*, 1, pp. 50-53. URL = <<http://www.temuki.ee/numbers/2013/1/article5589.pdf>> [01.02.2013]
- O t s t a k, Kaia 2012. Art-Stillspace as the Basis for an Artistic Interpretation of the World. – *Tallinna Ülikooli üliõpilaste 2010/2011. õppeaasta parimad teadustööd: Artiklite kogumik*, Toim. Vivian Lepp, Tallinn: Tallinna Ülikool, pp. 114-117
- O t s t a k, Kaia 2012. Rituaalide äratamine (*Awakening the Rituals*). – *TeaterMuusikaKino*, 11,

pp 82-85. URL = <<http://www.temuki.ee/numbers/2012/11/article5556.pdf>> [01.02.2013]

O t s t a k, Kaia 2012. Tantsulised karu urud (*Bear Burrows of Dance*). – *Müürileht* (#23: sügis), pp 18-19. URL = <<http://muurileht.ee/12-10-2012/tantsulised-karu-urud/>> [12.10.2012]

O t s t a k, Kaia 2012. Suvelõpu loometurnee kultuuritehases (*Art Tour of the End of Summer in Cultural Factory*). – *Sirp* (14.Sep). URL = <http://www.sirp.ee/index.php?option=com_content&view=article&id=15818:suvelõpu-loometurnee-kultuuritehases&catid=6:kunst&Itemid=10&issue=3408> [[14.09.2012](#)]

O t s t a k, Kaia 2012. Edeva ja tühise surev loomus (*Dying Nature of Vainness*). – *Artishok*. URL = <<http://artishok.blogspot.com/2012/08/edeva-ja-tuhise-surev-loomus.html>> [29.08.2012]

O t s t a k, Kaia 2012. Jumala hullud/ God's Madmen. – *Artishok*. URL = <<http://artishok.blogspot.com/2012/06/jumala-hullud-gods-madmen.html>> [17.06.2012]

O t s t a k, Kaia 2012. Meie aja muinasjutt (*Fairytale of Our Time*). – *Sirp* (25.May). URL = <http://www.sirp.ee/index.php?option=com_content&view=article&id=15021:jalutuskaeik-galeriides&catid=6:kunst&Itemid=10&issue=3395> [[25.05.2012](#)]

O t s t a k, Kaia 2010. Otsib kohta, kus ta saab: Kohaspetsiifiline tantsukunst otsib endale Eestis alles õiget kohta (*Looking for a Place, Where One Fits: Site-Specific Dance Art Looks for It's Proper Place in Estonia*). – *Sirp* (10.Sep). URL = <http://www.sirp.ee/index.php?option=com_content&view=article&id=11215:otsib-kohta-kus-ta-saab&catid=3:teater&Itemid=2&issue=3312> [[10.09.2010](#)]

O t s t a k, Kaia 2009. Poetry and text fragments in Catalogue of Exhibition „EFFEL“. – (Underground) *Magazine Vedelik*. Ed. by Sven-Erik Stamberg

BIBLIOGRAPHY

P ä r n i t s, Rauno 2018. Eesti kunstnikud maailma ulmes (*Estonian artists in the World's Sci-Fi*). – *Reaktor*. URL = <<https://www.ulmeajakiri.ee/?eesti-kunstnikud-maailma-ulmes>> [01.03.2018]

K a s e s a l u, Elina 2017. *Illustrators vol. 3*. Ed. By Berit Teeäär: Paper Cuts OÜ, Tallinn

F A B R I C A 2016. *Estonia / Identity: Contemporary Artists from Estonia*. Tr. and Ed. by Carlo Antonio Biscotto et al. FABRICA: Grafiche Antiga Spa, Italy

P a j u p u u, Johan Henrik 2013. Intervjuu Kaia Otstakiga (*Interview with Kaia Otstak*). – *kunst ja avalik ruum*. URL = <<http://avalikruum.blogspot.com/2013/11/intervjuu-kaia-otstak.html>> [29.11.2013]

K i v i l a, Marian 2013. „Demodictus“ - surnud kunsti reinkarnatsioon („*Demodictus*“ – *Reincarnation of Dead Art*“). – *Müürileht*. URL = <<http://www.muurileht.ee/demodictus-surnud-kunsti-reinkarnatsioon/>> [08.05.2013]

S ö ö t, Mai 2012. Meie valulik punane pühapäev (*Our Painful Red Sunday*). – *Postimees*. URL = <<http://www.postimees.ee/1022572/meie-valulik-punane-puhapaev>> [22.10.2012]

K a r r o, Piret 2012. Dimanche Rouge #20. – *Müürileht*. URL = <<http://muurileht.ee/19-11-2012/dimanche-rouge-20/>> [19.11.2012]

A g u, Marika 2012. Kaia Otstaki surreaalne õõv ja õndsus (*Kaia Otstak's Surreal Fear and Blessedness*). – *Artishok*. URL = <<http://artishok.blogspot.com/2012/07/kaia-otstaki-surreaalne-oov-ja-ondsus.html>> [25.07.2012]

K i v i l a, Marian 2011. Raekojas kogeb kolme reaalsust (*Three Realities are Experienced in the Town Hall*). – *Pärnu Postimees* (26.Apr). URL = <<http://pluss.parnupostimees.ee/424564/raekojas-kogeb-kolme-reaalsust>> [12.06.2014]

S i r a m. 2011. Maastikud mõttejaamade, partide ja tuumaseentega (*Landscapes with Mind Stations, Ducks, and Nuclear Mushroom Clouds*). – *Postimees* (21.Apr). URL =

<<http://www.postimees.ee/423105/maastikud-mottejaamade-partide-ja-tuumaseentega>>
[12.06.2014]

J o o n, Silja 2011. Pärnu linnagaleriis näeb kolme maailma (*Three Worlds Seen in Pärnu's Citygallery*). – *Pärnu Postimees* (19.Apr). URL =

<<http://pluss.parnupostimees.ee/421240/parnu-linnagaleriis-naeb-kolme-maailma>> [12.06.2014]

K s e n o f o n t o v, Andri 2010. Eesti maalikunst aastal 2009 (*Estonian Painting in 2009*). – *Sirp* (4.Feb). URL =

<http://www.sirp.ee/index.php?option=com_content&view=article&id=10150:eesti-maalikunst-aastal-2009&catid=6:kunst&Itemid=10&issue=3285> [12.06.2014]

K s e n o f o n t o v, Andri 2009. Vedeliku kohaleimbumine (*Infiltration of Liquid*). – *Sirp* (18.Dec). URL =

<http://www.sirp.ee/index.php?option=com_content&view=article&id=9953:vedeliku-kohaleimbumine&catid=6:kunst&Itemid=10&issue=3280> [12.06.2014]

SOME CONFERENCES, WORKSHOPS, SUMMER SCHOOLS ATTENDED

- 2014/11 Master's Level Intensive Course: *Human Rights: Ideas and Problems*. Lithuanian University of Educational Sciences (certificate), Lithuania
- 2013/04 nu_dnc.txt seminar: *Re/viewing Dance* (Sidsel Pape). Haapsalu's Cultural Centre, Estonia, festival NEW DANCE 2013 (UUS TANTS 2013)
- 2012/09 Workshop: *Post-structuralist Theories of Culture and Aesthetics*. Tallinn University, Estonian Art Academy (certificate), Estonia
- 2012/06-07 Tallinn Summer School: *Revisiting the Revolution: Past, Present, Perspectives*. Tallinn University (certificate), Estonia
- 2011/07 Tallinn Summer School: *World Philosophy: East Asian Thought Systems*. Tallinn University (certificate), Estonia
- 2010/07 Tallinn Summer School: *World Philosophy*. Tallinn University
- 2010/05 Classical Japanese Philosophy Conference in Tallinn: *context, interpretation, development*. Tallinn University, Estonia
- 2010/02 Music Workshop: *Repetitive Music... As a constructive approach to collective improvisation*. Cultural Factory Polymer, Tallinn, Estonia

AWARDS AND GRANTS

- 2011 Third Prize in humanities at the Tallinn University students' research competition 2010/2011: "Art-Stillspace as the Basis for an Artistic Interpretation of the World". Supervisor: Margus Vihalem, PhD

CONFERENCE PRESENTATIONS

- 2016/06/04 XII Annual Estonian Philosophy Conference: *Science, Technology and Society*. Presentation: When Will Mystics Die? Tallinn University of Technology, Estonia
- 2014/07/19 Asian Studies summer school: *Death and immortality in Eastern cultures*. Presentation: When Will Mystics Die? Männiku Metsatalu, Estonia
- 2014/07/19 Asian Studies summer school: *Human and humanity in Asian cultures*. Presentation: Illness or change (Zhuangzi). Võsu, Estonia
- 2013/12/14 IX Annual Estonian Philosophy Conference: Philosophy in Interdisciplinary Contexts. Presentation: *Esteetiliste maailmade loomine:*

erinevate esteetiliste väärtuste valdade algupära; mitte-esteetika ('Creation of Aesthetical Worlds: The Origin of the Difference in Realms of Aesthetical Values; Non-Aesthetics'). Tallinn University of Technology, Estonia

2013/11/10 Seminar: *Landscape and Coloniality*. Presentation: 'Landscape and sexuality - what is the meaning of 'landscape' and what does it signify, if its reception is bodily?' Tartu Art Museum, Estonia

WORK AND EMPLOYMENT HISTORY

Freelance illustrator and graphic designer since 2004

2015/12 – 2016/12 Calligraphy teacher at St John's School in Tallinn, teaching calligraphy for grade schoolers to create focused and peaceful atmosphere

2013/08 – ... Web-based project *V-Talk*: <http://v-talk.eu/>, Visual artist

2014/12 MoKS' project's „Kunstnikud kooli (Artists To School)“ artclasses at Mooste Elementary School

2015/09 Shadow Support for two pupils (dyslexia and ADD) in the international class (4th level) at Tallinn English College

2015/03-06 Home Support for dyslexic pupil (Edgar Lamas), guidance and development of reading and writing in English

2014 Performance-Artist/ Model, clip of video-performance in „Öölikooli rännakud: Muusika ja modell Kalev Rajangu“. Director Erle Veber, author-editor Jaan Tootsen (<http://arhiiv.err.ee/vaata/oolikooli-rannakud-muusik-ja-modell-kalev-rajangu> [18.02.2014])

2013 Performance-Artist/ Model, Raul Rajangu (video) performance „National Prayer Breakfast“ (Estonia, Culture Factory Polymer, 17.10; Finland, Gallery Augusta, 20.10)

2012 Actor, short movie „Just Do It!“ Director, author-editor Katariina Rebane

2011 Performance-Artist/ Model, video of opening performance of exhibition „Secret Reich“, Luminoso (Raul Rajangu) feat. Secret Reich,

2011 Performance-Artist/ Model, 3D short movie „Superluminous Darkness“, Luminoso (Raul Rajangu)

VOLUNTEER WORK

2016/06 Big Capercaillie Conservation Holiday at Virumaa as a part of the project Conservation and Restoration of Mire Habitats, LIFE Mires Estonia; (LIFE14 NAT/EE/000126). Tartu University, RMK, EOS, The Environmental Board, and ELF. Conservation work was to walk through the forest areas after the map and to put down everything connected with Capercaillie's signs of life.

SKILLS

Language Skills	Estonian (native tongue), English (C1), German (A1), Russian (hard to indicate the level due to life-time connection without continuous, but I have a little everyday practice, because of Russian speaking husband).
Computing Skills	MS Word, MS Excel, MS PowerPoint, Adobe Photoshop, Adobe Illustrator.

ACTIVITIES AND INTERESTS

- Long distance walks, meditation, bicycling, and cross-country skiing.
- Dance, contemporary dance, and dancing.
- Natural therapeutics, human body, and health.
- Traveling; different religious and cultural places – and experiences.
- Philosophy, theology, and world religions.
- Research in humanities.
- Reading: medicine, East-Asian literature, novels of Soviet times, 20th century existential literature, etc.

SHORT BIOGRAPHY

Kaia Otstak (b. 1987 Tallinn, Estonia) is a visual artist, a performance-artist and a Master of philosophy, who has also been bound up with the contemporary art and -dance critics. She holds a B.A. and M.A. in Philosophy from Tallinn University. Otstak has participated in solo and group exhibitions, she has performed on an international scale, her articles have published in different special magazines and newspapers. Her main interests in her artwork are to find ways of representing ethical issues and mysticism in a larger scale. She currently lives and works in Estonia.