



THE ART OF SIMPLICITY
SARAH BOWMAN



I (COVER)

Looking Out to Sea

oil on board 34 x 47cms

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Tea For Two

oil on canvas 50 x 70cms

THE ART OF
SIMPLICITY
SARAH BOWMAN

9-23 November 2019

at White Space Art, Totnes

view exhibition online

whitespaceart.com

HAVING painted now for over 20 years, people ask me, “are you still painting still lives?”. It’s a theme I’ve been exploring for a considerable while and with it comes the highs and lows of being a painter.

Everything seemed less complicated at the beginning. I had two babies so the focus was so much on them I simply didn’t have the time to think about the subject matter, which, looking back, gave me freedom and unquestioned spontaneity to just be in that moment and paint.

Life has changed. I have changed. My children are growing up, I have more time to reflect. I have a dog, which enables me to spend more time outdoors, drawing inspiration from nature. My love of gardening has grown, along with my knowledge of plants and flowers.

In the studio, just as in life, it’s about taking the opportunity to stop and slow down. The artist’s environment has evolved dramatically since I began painting. I have at my fingertips a library of images on a screen, a virtual platform on which to show my work and to view other artists’ works. Before, ideas came from paint-splattered postcards and boxes of worn photos from my trips to Cornwall. The access to inspiration now can be overwhelming. The trick is to find the balance, not to be inundated and to maintain sincerity.

So yes, I am still painting still lives. But they are

not the same. In the same way that I am not the same. It is important to me to stay rooted in nature – not only for painting. The continuity of seasons anchors me. As the pace of life becomes increasingly fast, it’s a wonderful thing to be able to take inspiration from each month, every year, noticing something a little different. To find a narrative or a view not yet explored.

There’s a hymn my granny used to love and one of the lines still resonates with me.

Daisies are our silver, buttercups, our gold.

These are all the treasures we shall have and hold

Simple pleasures, simple treasures.

The art of simplicity. Less is more. This process is evolving in my newer paintings. The objects have as much to say as the space which surrounds them. The act of painting them is quietly meditative, the colours gently hum, holding them together. I like their uncomplicated stillness. Painting them makes me feel rested.

With refreshed enthusiasm, I return to the window scenes with which I have grown so familiar. They piece themselves together in a narrative patchwork. Threads of pattern and layers of quiet colour entwined. Nostalgia. A window to an uncomplicated world. A moment. My two worlds of uncomplicated simplicity.

Sarah Bowman, October 2019



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The Fishermen Return
oil on canvas 100 x 120cms



4

Dahlias

oil on board 40 x 40cms



5

Spring Flowers

oil on canvas 70 x 90cms



6

Afternoon Treat

Oil on board 33 x 39cms



7

Stargazy Pie

Oil on board 57 x 80cms



8

The Gift That Keeps on Giving
Oil on board 42 x 47cms



9

Six For Gold

Oil on board 57 x 75cms

10

Spring Flowers & Camelia
oil on board 60 x 80cms





11

Henhouse, Winter
oil on board 39 x 39cms



12

Morning Visitor

Oil on board 53 x 80cms

13

The Stag

oil on board 29 x 40cms



14

Snowfall

oil on board 36 x 40cms



15

Lucky Catch

oil on board 33 x 45cms



16

Summer Haul

oil on board 39 x 45cms



17

Paper Whites & Apples

oil on canvas 60 × 80cms





18

Daffodils & Lemons
oil on canvas 45 x 56cms



19

White Anemones
oil on canvas 50 x 70cms



20

Mending the Nets
oil on board 40 x 52cms



21

Eyes on the Prize

oil on board 32 x 52cms

22

Pear Bowl

oil on canvas 60 x 80cms





23

Lemons & Black Jug
oil on canvas 50 x 70 cms



24

Striped Tablecloth

oil on canvas 60 x 80 cms



25

Lavender Fields, Provence
oil on board 29 x 38cms



26

Artichoke & Roses
oil on board 39 x 39cms

27

To the Lighthouse

oil on board 58 x 78cms





28

The Orange Grove, Mallorca
oil on board 39 x 48cms



29

Figs & Roses, Mallorca
oil on board 54 x 80cms



S A R A H B O W M A N

Sarah was born in 1975. She grew up in Dorchester and studied at Wimbledon and Falmouth Art College. After living and working in Edinburgh for a few years, she moved to Devon in 2002. She set up White Space Art with her husband in 2003 in Totnes. Sarah lives with her family on the edge of Dartmoor.

Education

1997 BA Hons Fine Art, Falmouth Art School

Solo exhibitions

2017 To The Lighthouse, White Space Art
 2015 The Birds and the Bees and Other Subjects
 White Space Art
 2012 The Rite of Spring, White Space Art
 2010 Wren Gallery, Burford
 2010 Ainscough Contemporary Art, Chelsea, London
 2009 Moments of Being, White Space Art, Totnes
 2008 Wren Gallery, Burford
 2008 Ainscough Contemporary Art, Chelsea, London
 2007 White Space Art, Totnes
 2006 'Room With a View', White Space Art, Totnes
 2005 Ainscough Contemporary Art, Chelsea, London
 2004 'Inside Out' Ainscough Contemporary Art
 1997 Anderson Gallery, Broadway

Selected mixed exhibitions

2019 Summer & Autumn Exhibition, Byard Art, Cambridge
 2018 50th Anniversary, Thackeray Gallery
 2017- Cricket Fine Art, Hungerford & Chelsea
 2012-19 Summer & Autumn Exhibition, Josie Eastwood
 2011-13 Russell Gallery, London
 2011 Autumn Exhibition, Moncrieff Gallery
 2011 Summer Exhibition, Bircham Gallery
 2009 The Glory of the Garden, Moncrieff Bray Gallery
 2009 Essentially English Exhibition, Wren Gallery
 2008 'Autumn Exhibition' Josie Eastwood, Winchester
 2008-10 Royal West of England Academy Open Painting
 2007 'Spring' Josie Eastwood, Winchester
 2007 Two Person Show, New Grafton, Barnes
 2006 Royal Academy Summer Exhibition
 2006 Art From Cornwall, New Grafton Gallery, Barnes
 2006-11 Bircham Gallery, Holt
 2006-08 Gallery Tresco, Isles of Scilly
 2005 'Coastlines', Two Person Show
 Beside The Wave, Falmouth, Cornwall
 2005 Essentially English Exhibition, Wren Gallery
 2005 Royal Academy Summer Exhibition
 2005 Royal West of England Academy Open Painting
 2004-08 The Wykeham Gallery, Stockbridge, Hampshire
 2004-07 Beside The Wave, Falmouth, Cornwall
 2004 Easter Exhibition, Wren Gallery, Burford
 2003-13 Ainscough Contemporary Art, Chelsea, London
 2003- White Space Art, Totnes, Devon
 2002-06 Pierrepont Gallery, Bridport, Dorset
 2002 Lemon Street Gallery, Truro
 2002-04 Broadway Modern Gallery, Broadway
 2001 Corporate Catto, Hampstead

Art Fairs

2018- Affordable Art Fair, New York, Carina Haslam
 2012-16 20/21 International Art Fair, Royal College of Art
 2011-13 Works on Paper, Kensington
 2011-17 Chelsea Art Fair
 2011-19 Affordable Art Fair, Hampstead
 2007-09 Art London
 2006-16 Affordable Art Fair, Bristol
 2002- Affordable Art Fair, Battersea



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Spring Watch

oil on board 48 x 73cms

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The Art of Simplicity, 9-23 November 2019

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Japanese Anemones
oil on canvas 40 x 40cms



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