

THE ART OF SIMPLICITY SARAH BOWMAN



I (COVER)

Looking Out to Sea
oil on board 34 x 47cms

2 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.

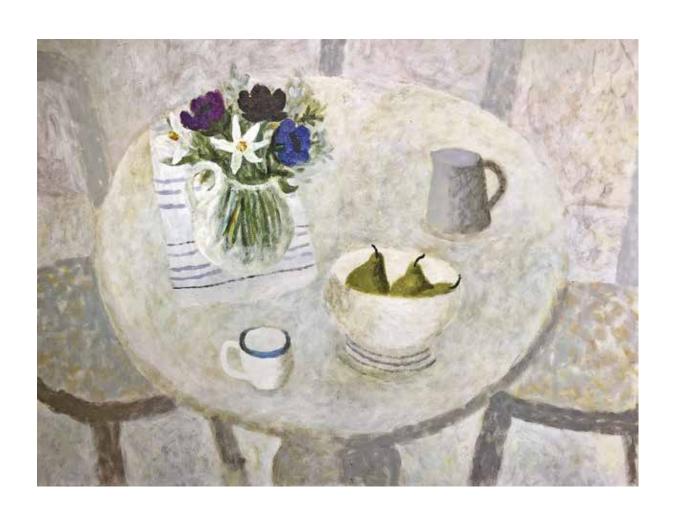
With refreshed enthusiasm, I return to the window scenes with which I have grown so familiar. They piece themselves together in a narrative patchwork. Threads of pattern and layers of quiet colour entwined. Nostalgia. A window to an uncomplicated world. A moment. My two worlds of uncomplicated simplicity.



The Fishermen Return
oil on canvas $100 \times 120 \text{cms}$



4
Dahlias
oil on board 40 x 40cms



5
Spring Flowers
oil on canvas 70 × 90cms



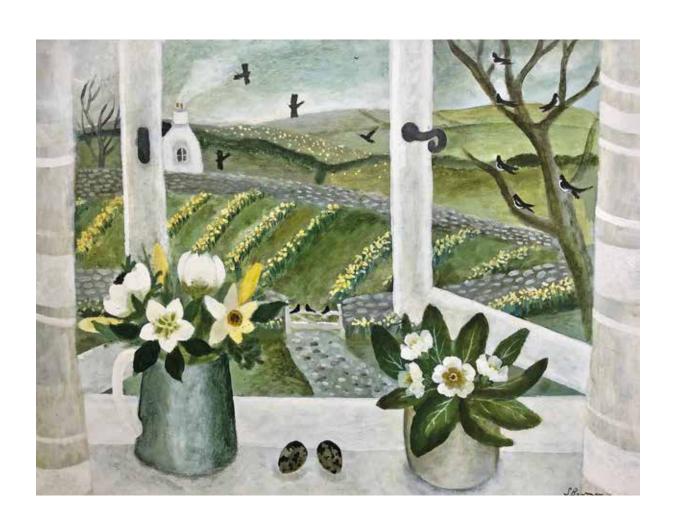
6
Afternoon Treat
Oil on board 33 x 39cms



Stargazy Pie
Oil on board 57 x 80cms



8
The Gift That Keeps on Giving
Oil on board 42 x 47cms



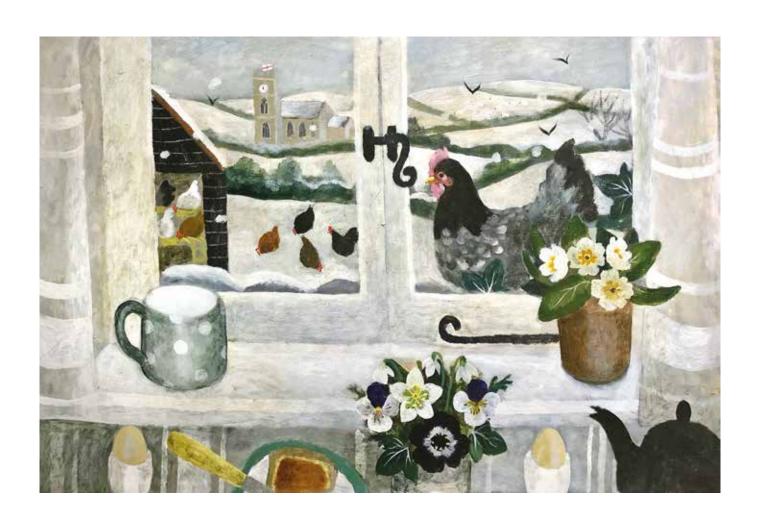
9
Six For Gold
Oil on board 57 x 75cms

Spring Flowers & Camelia oil on board 60 x 80cms





Henhouse, Winter
oil on board 39 × 39cms



Norning Visitor
Oil on board 53 x 80cms

 $\frac{13}{\text{The Stag}}$ oil on board $29 \times 40 \text{cms}$



Snowfall
oil on board 36 x 40cms



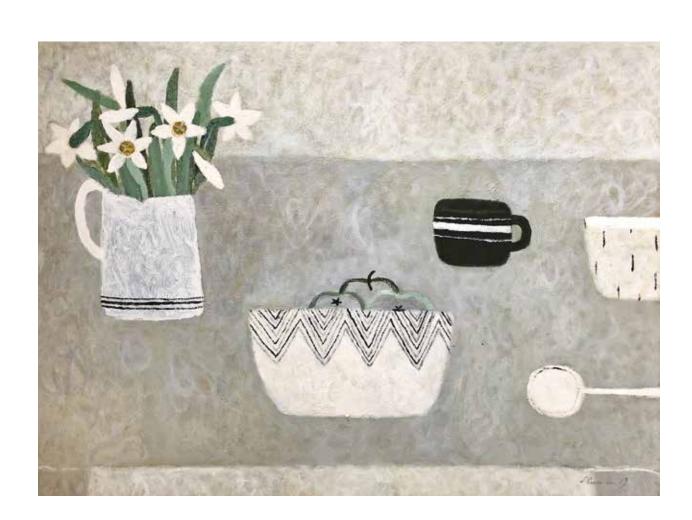
15
Lucky Catch
oil on board 33 x 45cms



Summer Haul
oil on board 39 x 45cms



Paper Whites & Apples oil on canvas 60 x 80cms





18
Daffodils & Lemons
oil on canvas 45 x 56cms





 $\frac{20}{\text{Mending the Nets}}$ oil on board $\frac{40 \times 52 \text{cms}}{\text{cms}}$



2IEyes on the Prize
oil on board 32×52 cms

Pear Bowl
oil on canvas 60 x 80cms





 $\frac{23}{\text{Lemons \& Black Jug}}$ oil on canvas $50 \times 70 \text{ cms}$



Striped Tablecloth
oil on canvas 60×80 cms



25 Lavender Fields, Provence oil on board 29 x 38cms



26
Artichoke & Roses
oil on board 39 × 39cms

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



SARAH BOWMAN

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

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, Totens
2005	Ainscough Contemporary Art, Chelsea, London
2004	'Inside Out' Ainscough Contemporary Art
1997	Anderson Gallery, Broadway

Selected mixed exhibitions

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	Pierrepoint Gallery, Bridport, Dorset	
2002	Lemon Street Gallery, Truro	
2002-04	Broadway Modern Gallery, Broadway	
2001	Corporate Catto, Hampstead	
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Art Fairs	A (
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		
	Art London	
	Affordable Art Fair, Bristol	
2002-	Affordable Art Fair, Battersea	



30 Spring Watch oil on board 48 × 73cms

Published by White Space Art, Totnes to accompany the exhibition

The Art of Simplicty, 9-23 November 2019

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31
Japanese Anemones
oil on canvas 40 × 40cms



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