



**Tai Sophia
Institute**

For Immediate Release
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**“Sara Steele: Watercolors”
Opens September 3 at Tai Sophia Institute’s Himmelfarb Gallery
Original paintings by Philadelphia artist Sara Steele**

LAUREL, MD (August 17, 2011) – “**Sara Steele: Watercolors**,” original paintings by Philadelphia, PA-based artist Sara Steele, opens Saturday, September 3, in the Himmelfarb Gallery at Tai Sophia Institute.

Sara Steele is one of America’s most widely recognized and lauded watercolorists. Her paintings range from dramatic images of flowers and evocative still lifes to expansive abstractions and ethereal landscapes. Her palette is intense, and the dialogue she establishes with her subjects is bold and expressive. Her paintings speak with a voice that is emotionally charged and intellectually argumentative.

“I am a painter working across several stylistic genres: lyric realism, landscape, and abstract expressionism. I am currently working primarily in watercolor, continually exploring ways to weave together multiple interests through my primary discipline, painting,” says Ms. Steele. “I want to make visible the connections I sense, see, and intuit, in effect transposing them and their somatic, psychological, and spiritual overtones into painted form.”

“A key philosophical underpinning of Steele’s work is the Tao as expressed in traditional Chinese medicine, which Steele has studied and embraced as a holistic source of wisdom and physical well-being,” said Lisa Tremper Hanover, Director of the Berman Museum of Art at Ursinus College. Tai Sophia alumna and neighbor Nancy Post, Ph.D., M.Ac., says of Steele, “...in her daily life, Sara’s great gift [is] her ability to entice a viewer into a more loving relationship with the natural world.”

Steele says, “My earliest and most enduring interests have been color theory, particularly the juxtaposition of color in composition, and the repetition of forms in different scales throughout nature. It is clear to me that color and shape both express and trigger resonances with physical, psychological, and spiritual experience.”

Artworks from the show will be on sale through the Meeting Point bookstore, which is adjacent to the gallery. [Visit the Himmelfarb Gallery online.](#)

What: “Sara Steele: Watercolors”
Original watercolor paintings by Philadelphia, PA, artist Sara Steele
When: *September 3 – November 30, 2011*
Where: Himmelfarb Gallery, Tai Sophia Institute
7750 Montpelier Road, Laurel, MD 20723

Gallery hours: Monday–Thursday: 8:00 a.m. – 7:00 p.m.; Friday: 8:00 a.m. – 5:00 p.m.;
Saturday: 8:00 a.m. – 4:00 p.m.

(more)

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About the Artist

Sara Steele is a passionate artist and activist, an extraordinary watercolorist who works in her Philadelphia, PA, studio. Ms. Steele is self-taught but clearly well-studied in the works of twentieth-century artists. Her paintings have been shown in more than 50 solo and scores of group exhibitions in the U.S. and internationally. Her work has been widely published for over 30 years in books, exhibition catalogs, magazines, and chapbooks. Her books include *Blueprints for Paradise: The Watercolor Paintings of Sara Steele*, *Discovering the Five Elements*, and *In Bloom: The Floral Watercolors of Sara Steele*. The Sara Steele 2012 calendar has just been released. For more information, visit her website at www.sarasteele.net.

About Tai Sophia Institute

Tai Sophia Institute, a private, nonprofit educational institution based in Laurel, Maryland, is a leading center for health and wellness education. Founded in 1974, the Institute has evolved into a diverse resource providing graduate academic programs, continuing professional education, community wellness programs, and clinical services. The Institute’s 12-acre main campus also houses a bookstore, a library, and herb and meditation gardens, all of which are open to the public.

About the Himmelfarb Gallery

The lobby of Tai Sophia’s main campus building serves as the gallery space, which features four art exhibitions each year. Each exhibition focuses on some aspect of healing, wellness, or nature. Launched in April 2003, the Himmelfarb Gallery has been home to paintings, drawings, prints, photography, fabric, and artist-made paper. It is a place where art and healing intersect.

The Himmelfarb Gallery honors the Helen M. and Annetta E. Himmelfarb Foundation for its gift of \$1 million to the Institute, the largest donation in Tai Sophia’s history. The dedication and naming of the space took place on November 17, 2006.

(Note to Journalists: Digital images are available by request.)

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