



**Tai Sophia
Institute**

For Immediate Release

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“The Inner Circle: Screenprints and Etchings”
Opens December 7 at Tai Sophia Institute’s Himmelfarb Gallery
Recent prints by Richard Hellman

LAUREL, MD (November 22, 2011) – “**The Inner Circle: Screenprints and Etchings,**” by printmaker Richard Hellman, opens Wednesday, December 7, in the Himmelfarb Gallery at Tai Sophia Institute. An artist reception will be held on Thursday, December 15.

Richard Hellman is a Baltimore printmaker known for his bold imagery. A major shift in his work occurred in 1991 after attending a workshop at Omega Institute for Holistic Studies where Judith Cornell facilitated “Drawing the Light From Within,” a workshop that focused on using gradations of color and of light-to-dark to symbolize our inner energy made visible. His recent work, featured in this exhibition, is inspired by that workshop and the practice of mindfulness meditation. In the prints, Hellman adds words or short phrases to act as “reminders” and to add another layer of meaning.

His imagery is both personal and universal, combining gestural marks with abstract shapes that frequently make reference to nature or the forces of nature that we all experience. He uses color, texture, and the dynamic relationships of circles, ovals, and spirals to provide a vehicle of expression. Hellman metaphorically searches for “his center”, trying to find a balance between a sense of self and authenticity, and the conflicts and pressures of life.

Speaking of the spirals Hellman says, “The power of waves in the ocean, or the movement of leaves riding a gust of wind, are for me metaphors for feelings, emotions, or one’s state of being. It is what is happening “under the surface” of things, not the outward appearance of things, that interests me most. I find that paradoxically, it is through abstraction that I get closer to reality. It is the relationships of things, not the things themselves, which life is really about.”

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: “**The Inner Circle: Screenprints and Etchings**”
Recent prints by Richard Hellman
When: *December 7, 2011 – February 29, 2011*
Where: Himmelfarb Gallery, Tai Sophia Institute
7750 Montpelier Road, Laurel, MD 20723

Artist Reception: Thursday, December 15 from 5:00 – 7:30 p.m.

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.

Note: the gallery will be closed December 24, 2011 to January 2, 2012.

(more)

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About the Artist

Richard Hellman became interested in printmaking at an early age as his father collected prints. He holds a BFA from Syracuse University and an MFA from Northern Illinois University, and has taught classes and workshops at numerous colleges and art centers including Maryland Institute College of Art, University of Maryland College Park, Towson University, and Pyramid Atlantic Art Center. Hellman has continued his artistic and spiritual education by taking workshops at Pyramid Atlantic, The Omega Institute, Awakenings, and Tai Sophia Institute. He has exhibited widely and his prints are in many public and private collections. For more information, visit his website at www.richardhellmanprints.com.

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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