

... a
world
of
colours
and
atmosphere ...



Lene Holstad

www.leneholstad.com

I was born 1964 in Oslo, Norway, and started painting with acrylic on canvas as a hobby in 2005. Painting is a passionate hobby and something quite different from what I am working with during daytime. I graduated from The Master's Degree Program in Management, at BI Norwegian School of Management, in 1990 with International Business Management as my major.

To have a balance in life it has been important for me to have some creative moments where I can dive into a world of colours and atmosphere... and be able to let go of the daily control and go with the flow... when I start on a new painting I have to build up a structure with the acrylic paint colours I have chosen for the painting, and sometimes I use acrylic paste and sand in addition. I use mostly my fingers and hands when I build a structure on the canvas before I know which motive and expression I would like to paint, as this give a closer feeling with each painting. Sometimes I also turn the canvas upside down if this is a more "right" direction to start on the motive and expression I want to paint... then I build up the motive I have virtualized in my head... and if I want to draw more details... I use charcoal which I can melt in with the paint... each painting takes several months to develop... and I mostly have more than one painting in production at the same time as this gives me more creativity and freedom.

Three of my main inspirators have been the Italian painter Franco Bonetti (I bought a painting by him in 2001 in Galleria Tondinelli), the Norwegian painter Beate Leirtun (who have thought me different ways of experimenting with acrylic and also supported me with a lot of enthusiasm) and the book "Jonathan Livingston Seagull" by Richard Bach (my first five paintings have motives from this lovely book). I believe we all have a Jonathan Seagull living within us. 😊

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Lene Holstad ART - LH & ART

Exhibitions

2015: Oslo, Solo exhibition, Galleri Albin Upp (www.albinupp.no)

2010: Oslo, Solo exhibition, Galleri Oscarsgate 54 (www.oscarsgate54.no)

2009: Rome, Group exhibition "Four International Women Artists",
Galleria Tondinelli (www.galleriatondinelli.it)