

**PRESS RELEASE**

**26 April – 8 May, 2007.**

**EXPLOSION OF COLOUR EXHIBITION**

**By: HELEN JOYNSON**

“My paintings aim to give uplifting energy to the spirit. Colour to the spirit is as necessary as food to the physical body – this is why we often find ourselves attracted to colour.

The colours I use in my paintings are balanced together in harmony. This represents the way in which we should all live our lives together, and with nature. If there is no harmony and serenity in our daily lives, the beauty around us will not survive,” Helen Joynson.

Would you like to bring harmony and serenity into your life?

Inspired by nature's colour and beauty, Helen has produced a series of paintings that are an explosion of colour, fun and uplifting. Colour to the Spirit is as necessary as food to our bodies – this is why we find ourselves attracted to colour and why we always feel happier around it.

Meet Helen at the exhibition opening on Thursday 26<sup>th</sup> April, 6-9pm at Art Moment Gallery, 99 Curlewis St, Bondi Beach.

To see works by the exhibiting artist visit:

[www.artmoment.com.au](http://www.artmoment.com.au) &

[www.artwhatson.com.au](http://www.artwhatson.com.au) under Galleries, Art Moment Gallery, Exhibitions, Explosion of Colour.

For more information and images contact Art Moment Gallery:

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