

# Karen Christiansen

## ABOUT THE ARTIST

Karen is a non-traditional artist. She would explain that the pieces she created were never done with a physical end result in mind, but done as an emotional outlet. Karen is a certified mindfulness and meditation teacher, who loves to use art as a mindfulness tool to quiet the outside noise.

You can often find her teaching a mindfulness painting class at the Norfolk Arts Center throughout the year. Her philosophy is rooted in the belief that every single person has art within them, and that art can take the shape of many different mediums, techniques, and feelings.



## PIECES IN THE COLLECTION

**Neonate 17**  
Acrylic on Canvas