

As a spirited and curious life-long artist and creative explorer, Karen Gibbons has been making multi-media artwork for many years. Karen has also done free-lance design work, run a bed and breakfast, and been an art teacher and a yoga instructor. She is currently a holistic psychotherapist using yoga and art.

Karen is also a writer. She has co-authored of a book of poems and drawings with Rebecca Aidlin called *Goldfish and Pumpkin Vines*. Recently, she has published a book about the combination of yoga and art making, *Integrating Art Therapy and Yoga Therapy: Yoga, Art and the Use of Intention*.

Karen has exhibited her work extensively in New York City and elsewhere. In the past year exhibitions have included: *All In*, a group show at Site Brooklyn Gallery, *Asymmetry*, a two-person show at the Brooklyn Creative League Gallery, *Chronicles*, a group show at the 440 Gallery, and a solo exhibition in the Arts Gowanus annual open studio tour.