

FOR IMMEDIATE RELEASE
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Exhibition Charting Artist's Healing Journey to be Held at Hospice of Santa Barbara

***Beyond* by Sara Lytle – fourth local artist to display at Hospice of Santa Barbara**



"Elusion" by Sara Lytle

October 5, 2010, Santa Barbara, CA— Hospice of Santa Barbara welcomes local artist Sara Lytle, who will display her art in its Leigh Block Room art gallery space. Lytle is the fourth local artist to display her work in the spacious art gallery.

On Wednesday, October 13 from 5:30 to 7 p.m., Hospice of Santa Barbara will host a wine and cheese open house reception for the new exhibit, titled *Beyond*.

Beyond charts Lytle's healing journey as she experienced and explored various emotions after her mother, step-father and two close extended-family members died within 18 months of one another. She uses mixed medium, mostly focusing on acrylics, to express her journey during their final days, as well as her own healing journey through a chronic illness after their death. Her paintings explore expressions of life, death, afterlife and soulful searching.

"My paintings express the healing journey I undertook during these intense life experiences to again find some calm, some peace, some self," said Lytle.

Lytle's work focuses on themes of chakras, soul searching, guides and healing energy – all facets of her personal exploration and growth through these intense life experiences.

"Changes in my life were nearing unbelievable and unbearable," Lytle said. "Thanks to a close friend's encouragement to paint after decades away from it, I decided to slap my emotions onto a canvas. Quickly 'souls' began to surface on the canvas, and I let the universe be my guide. I just painted, painted, painted. Often, my hand just moved. More souls surfaced. I have no explanation. I just let it flow."

Lytle began painting as a child, and she focused on fiber arts while in college at the University of Kansas. Under her fashion label, she designed and produced one-of-a-kind handmade sweaters sold in

designer boutiques in the United States and Canada. Recently, she returned to painting, finding it to be a grounding and healing process.

Lytle will donate a portion of the proceeds from her art sales to Hospice of Santa Barbara, Inc., a volunteer hospice organization that offers free counseling and support services to more than 350 children and adults every month. Wine, refreshments and cheese will be provided at the open house reception. Lytle's exhibition will be on display at Hospice of Santa Barbara through the end of December.

The mission of Hospice of Santa Barbara, Inc. is to provide care to anyone experiencing the impact of a life-threatening illness, or grieving the death of a loved one. For more information, please call (805) 563-8820 or visit www.hospiceofsantabarbara.org.

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