

CHRISTINA PARKER

GALLERY

KRISTINA SØBSTAD SYMBIOSIS

Every single breath we draw in, we inhale what our natural environment provides, and in releasing that breath our environment breathes us back. *Symbiosis* refers to the interaction between two different organisms living in a close physical association, typically to the advantage of both.

This body of work highlights our symbiotic relationship with our delicate but also resilient natural environment. We are components of these spaces, not merely visitors. Our natural environment imprints on our physical and emotional selves, just as we imprint on it, a visceral and beautiful exchange.

My work involves abstracted landscape paintings on canvas exploring a culturally relevant palette. I seek to embody movement in my work by synthesizing sound, form, and color, resulting in unexpected juxtapositions. My process is intuitive and involves a full immersion into the natural environment: documenting, sketching, exploring, engaging, experiencing.



Tumbling down just like a waterfall, Oil on canvas, 48 × 68", 2022



Can't make my eyes stop looking at you, Oil on canvas, 48 × 48", 2022

These aren't little dates, an afternoon with my easel overlooking a pretty vista. These are full-blown love affairs that last weeks if not months, where I get close and intimate: going deep on the trails and getting covered in mud, burrs and swamp; wading the tidal pools to find pearls; seeking out the hidden through patience and quiet respect. I translate memory – sensory, autobiographical, emotional, muscle – into physical form on canvas using expressive brush strokes and gestural, but thoughtful and deliberate, mark making.

My response to my chosen location is visceral and intuitive. It is important for me to remain open and unencumbered with preconceived ideas to immediately become one with the environment that I'm placing myself in.



From here on out, Oil on canvas, 30 × 40", 2022

KRISTINA SØBSTAD is a Norwegian-Canadian visual artist currently based between Nova Scotia and Newfoundland, Canada. Søbstad earned a BFA from NSCAD University in Halifax, Nova Scotia in 2010. Søbstad's work is primarily oil and acrylic on canvas as well as mixed media on paper. *Symbiosis* marks her fourth major exhibition with the gallery.

Since 2007, Søbstad has participated in over 175 international group and solo exhibitions.



Blue hour II, Oil & charcoal on canvas, 20 × 30", 2022

Most recently, she completed a residency and exhibition with the Museum of Modern Art in Chiloé, Chile.

In 2014, Søbstad was nominated for the St. Albert emerging artists Mayoral Celebration of the Arts award in Edmonton. In 2015, Søbstad attended NES Artist residency in northern Iceland, researching isolated communities across the island for her "Dreamland" series. Also in 2015, while exhibiting in Paris, Søbstad's work was purchased by the Francophilie Art Bank. Her work has been featured on the cover of international, bestselling academic books such as *Reaching Through Resistance* by Dr. Allan Abbass.

Exploring remote locations that are exposed to the elements is where she finds inspiration for her paintings. The ephemeral aspect to her life encompasses constant change, adventure, curiosity, and her desire to not only experience the natural place but the individuals and the relationships that she builds as they encounter each other.