

FOR IMMEDIATE RELEASE

Stillness and Light, Cheryl MacKenzie's Study of Healing and Presence at ARTSPLACE

ANNAPOLIS ROYAL, Nova Scotia (January 7, 2026) – ARTSPLACE Gallery presents “Stillness: A Study of Light and Healing,” a solo exhibition by Cheryl MacKenzie that brings together watercolor and mixed media works grounded in reflection, resilience, and quiet transformation.

This body of work explores the intersection of nature, simplicity, growth, and healing through layered visual narratives. Each piece functions as a contemplative study of depth and presence, inviting viewers to slow down and engage with subtle shifts in light, texture, and form. Moving fluidly between the personal and the universal, the exhibition draws on MacKenzie's personal and professional experiences, challenging conventional perspectives while encouraging intimate and thoughtful reflection.

MacKenzie's practice is rooted in an intuitive process. Works often begin without a predetermined outcome, allowing them to evolve organically through abstraction and experimentation. Bold colour contrasts and rich surface textures are balanced with emotional and psychological nuance, creating compositions that resist literal interpretation.

“By working abstractly, MacKenzie invites viewers to bring their own experiences into the work, discovering meaning through shape, form, and spatial relationships. Collectively, the pieces reflect an ongoing search for balance and stillness within complexity,” said Sophie Paskins, Gallery Director.

“Stillness: A Study of Light and Healing” aligns with ARTSPLACE Gallery's commitment to presenting innovative and thought-provoking contemporary art that fosters meaningful connections between artwork, space, and audience. The exhibition offers a space for introspection and emotional resonance, encouraging moments of pause within an increasingly fast-paced world.

Cheryl MacKenzie is originally from Halifax County, Nova Scotia, and has lived in southern Ontario. She is a Registered Counselling Therapist and currently lives in Annapolis Royal while working in Bear River.

The exhibition is on view at ARTSPLACE Mym Gallery from January 17 to February 14. A closing reception will be held on Saturday, February 14, from 12 to 2 pm.

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ARTSPLACE is a public Art Gallery that is operated by the Annapolis Region Community Arts Council, a registered charitable, community organization dedicated to encouraging and promoting the arts. Supported through the Province of Nova Scotia and the Canada Council for the Arts.

ARTSPLACE Gallery is located at 396 St. George Street in Annapolis Royal, Nova Scotia

For more information please contact:
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<https://arcac.ca/>
Facebook: ARTSPLACEGallery
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**CLOSING
RECEPTION**
FEB. 14, 12-2PM
FREE • ALL INVITED
DONATIONS
WELCOMED

Cheryl MacKenzie
**Stillness: A Study of
Light and Healing**

January 17 / February 14

ARTSPLACE 396 St. George St. Annapolis Royal, NS - 902.532.7069



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