



## HE-ART <3

## HELGA ANNA PUCHNER



### THE ARTIST

Autodidactic, authentic, self-confident.  
Warm-hearted, charming, benevolent.  
Born in 1962 under the zodiac sign of Cancer-Leo.  
Mother of 3 children.

Based in St. Pölten, Austria.  
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he-art-paint.at

SOUL-ART representative.  
Creative interior stylist.  
Creative and artistic work with children and adults.  
Direct distribution of creative products.  
“Gallery to go”.

### EXHIBITIONS

05/2016	International Art Fair ART SALON LOUVRE, Paris, France
04/2016	Art and craft market LEDERFABRIK, Linz, Austria
03/2016	Exhibition RAIFFEISENBANK Franziskanerg., St. Pölten, Austria
12/2015	Exhibition SCHLOSS LEIBEN, Wachau, Austria
12/2015	Exhibition LATTE GRANDE, Vienna, Austria
12/2015	Exhibition TITOK GALERIE, Budapest
11/2015	Exhibition SECRET GALLERY, Budapest
07/2014	Event-Exhibition PIELACHTALHALLE, Obergrafendorf, Austria
06/2014	Exhibition of a majority of pieces THEATERCOUCH, Vienna, Austria
05/2014	Exhibition, RAIFFEISENBANK Josefstr., St. Pölten, Austria
03/2014	Private Exhibition, St. Pölten, Austria



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#### EDUCATION, TRAININGS and EXPERIENCE

- 09/2015 -  
06/2016      Diploma programme  
                  "European Traditional Medicine" (ETM)  
                  Mag. Eva Fauma, St. Pölten – Linz, Austria
- 02/2014-  
11/2014      Workshop "Impulswerkstatt Kreativität"  
                  development of creative potential and art techniques  
                  Salzburg, Austria
- 09/2012 -  
05/2013      Painting-Instructor training with focus on abstract art  
                  Friedrich Wurm, Linz, Austria
- Since 2012      Composition of artworks in different techniques, including:  
                  natural material | experiments with paint and material |  
                  jewellery design and creation of objects and sculptures
- 04/2011  
01/2012      Neuro-linguistic programming (NLP) training –  
                  model of communication and conflict management,  
                  Coaching | Trainer: Rudolf Kronreif, Salzburg, Austria
- Since 2005      Acrylic painting, art with children and adults  
                  seminars and workshops - personality development

#### Future projects and some personal words...

Objects and pieces made of wood, installations and sculptures,  
Event-exhibitions, gallery for lesser known artists,  
Painting and creativity courses for curious people and convinced beginners.

By giving my works a lot of love, humour, originality and easiness, I want to touch people's souls, bring to my fellow man the feeling of joy and make them feel happy through my art. Creativity is a blessing and a gift to us human beings, it can even support healing – it's something we should be grateful for. I'm full of love for nature and humans and highly appreciate the pleasant atmosphere of artwork and good conversation with nice people.

It is my personal wish to make people cherish my artwork while observing and enable a reflection process about art, creativity and beautiful things.

At the same time, I want the observer to enjoy nice, relaxed moments, using all his senses. Perhaps, carry home not only a piece of art but also all the love it brings.  
Enjoy and have pleasant thoughts!