

Short Bio for Sara Cole

From a young age Sara has been drawn to the arts and to creating. Growing up, Sara was provided with endless art and craft materials and exposed to the arts by her mom. Along with a deep appreciation for the arts, her mom also instilled in her a love for nature. As she grew older Sara always held art and nature close to her heart when teaching children art in the community and at summer camps, making art and earning a minor in Studio Arts and her BA in psychology. Now she is a mom, therapist and artist and all along the way she has been using her creative mind in all aspects of her life.

Throughout her life Sara has found comfort and joy in making art. It has an aspect of meditation for her and has helped her through hard times and to celebrate the good over the years.

Sara's art is inspired by the ancient art of Quilling. She describes her process as painting with paper in combination with solving a puzzle. She hopes that her love for the beauty in details and nature shine through in her intricately and colorful works of art. She also hopes that her art might inspire others to create in whatever way calls them.