

# LIMINAL SPACES

Rhonda Wheatley *with* Ellen Campbell *and* Basia Krol

Life shows us over and over again that everything changes, everything is already in a state of change, even as our instincts make us cling to certainty, and to resist change.

**Liminal Spaces**, whether they are physical, emotional, psychological, or metaphorical, call our attention to change, as we realize that something new is on the way, that our surroundings, our state of mind, and our lives are transforming.

**Exhibition Dates: February 1 – April 30, 2023**

**Artist Talk and Reception:**

Thursday, February 23 at 4 p.m.

**Followed by the Workshop:**

Journaling & Wellness Practices for Creative People

4:30 – 6 p.m.

Multidisciplinary artist and energy worker **Rhonda Wheatley** will lead an interactive workshop on journaling and self-care tools for creative people. She will share tips for starting or jumpstarting a journaling practice while expanding notions of what journaling is and what it can be. Additionally, Wheatley will discuss how journaling can build greater self-awareness, help us break free of self-imposed limitations, and essentially change our lives—both personally and as creators. Wheatley will also discuss healthy ways to manage stress, confront self-doubt and the inner-critic, work through challenging emotions, and understand and overcome creative blocks.

**Register for the free workshop by email [sdenault@govst.edu](mailto:sdenault@govst.edu) because space is limited.**

**Rhonda Wheatley** is a Chicago-based multidisciplinary artist, energy worker, and educator whose installations and interactive projects are grounded in the speculative and metaphysical. Her recent projects include a solo show at Hyde Park Art Center (HPAC); group shows at the Museum of Contemporary Art Chicago (MCA), DePaul Art Museum, and Art League of Houston; and performances as part of the MCA's In Progress series, at Gallery 400, and at the Terrain Biennial, to name a few. As part of her practice, Wheatley seeks to cultivate healing and personal transformation via wellness workshops, such as those she's facilitated locally and across the country with many organizations. She received her MA from DePaul University and BA from Loyola University.



Rhonda Wheatley



Basia Krol



Ellen Campbell

**Big Walls Gallery (E/F Corridor)**

**Basia Krol** – Oil paintings on canvas

**Skylight Gallery (GSU Library)**

**Ellen Campbell** – mixed media paintings and drawings;

**Rhonda Wheatley** – power object installations

These exhibitions will be on display through the end of Spring Semester, May 2023 and can be viewed any time GSU campus and library are open.

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 **Governors State**  
UNIVERSITY  
1 University Parkway  
University Park, IL 60484