



701 Mission Street  
San Francisco, CA  
94103

YERBA BUENA  
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THE ARTS

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## Free Art Workshop: Postcard Paintings

By Teaching Artist: Hitoshi Shigeta, Teaching Assistant: Kerra Hendrickson

Program Support: Rea Lynn de Guzman, Senior Manager of Educational Programs

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Top: Sarah Montoya, *A Light Within*, 2024 ; *Connected*, 2024. Acrylic and glitter on canvas board.  
Bottom: Postcard painting project samples by Hitoshi Shigeta

### DESCRIPTION

Create a postcard painting inspired by artist Sarah Montoya's work from the exhibit *The Only Door I Can Open: Women Exposing Prison through Art*. Curated from within prison, the show explores truths about women and incarceration. Participants are encouraged to see the exhibit and respond to the prompts presented by the artists and curators.

### MATERIALS

Watercolor postcards, pencils, watercolors, brushes, watercolor pencils/pastels/brush pens, tape, rags, water cups



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## **ABOUT THE WORK**

**SARAH MONTOYA**, b. 1991

Central California Women's Facility at Chowchilla

### *A Light Within*, 2024

"This painting is a revision of a painting I did for the first iteration of this exhibition. Now that I have grown while in prison, I can find peace within myself, and not just from the sky. Learning how to sit still and reflect on my life and my actions has helped me grow and I do a lot of that while on my bunk. I am the silhouetted girl sitting on top of her prison bunk, emitting peace from within depicted by the glitter. The sky goes from light to dark to represent that no matter how bright or dark things are in life, I can always look within to find my own light. This goes for everyone, no matter where you are."

### *Connected*, 2024

"Although I have discovered peace from within myself, I still love looking at the sky from my bed, where I meditate about my life and future. My future is my family, and it is comforting to know that when I look at the sky they see the same thing. I am all about balance, in my life and my art, so I painted the sky in complementary colors to the mountains. I used different size paint brushes to create the mountains and freehanded them while looking at a picture of the view behind my mom's house to guide me."

## **QUESTIONS TO CONSIDER**

- Where do you find peace? Is it outside in nature or inside at home?
- What colors make you feel comfortable and peaceful?

## **STEPS**

1. Optional: Attach tape along the edges of a watercolor postcard.
2. Imagine your peaceful place and sketch it lightly with a drawing pencil.
3. Color the sketch with watercolor pencils, pastels, or brush pens.
4. Add a small amount of water using a brush and transform it into a watercolor painting.
5. You can also complete your image using a drawing pencil and/or watercolor pencils first and then adding watercolor very lightly on top of the drawing.

## **REFLECTION**

Consider the following questions in completion of your postcard paintings:

- Did you feel calm and peaceful while working on your artwork?
- If you are going to send your postcard to the artist, Sarah Montoya, what do you want to write?