

**Harriet Forman Barrett Presents *Where the Soul Breathes*  
at Woodstock Playhouse Gallery in Woodstock, NY — March 7–June 1, 2026**



Sculptor and visual artist **Harriet Forman Barrett** presents a solo exhibition, ***Where the Soul Breathes***, at the Woodstock Playhouse Gallery, on view from **March 7 through June 1, 2026**, with an opening reception on **Saturday, March 7, from 4–6 PM**.

*Where the Soul Breathes* is a contemplative exploration of the human form as a vessel of spirit, resilience, and transformation. Working primarily in bronze, and extending into painting and wearable art, Barrett's work transcends representation to reveal the inner life of the figure—its breath, tension, movement, and stillness. Her sculptures capture the intimate dance between gravity and transcendence, inviting viewers into a space of reflection and presence.



At the core of Barrett's practice is the sacred relationship between body and soul. Limbs intertwine in fluid, lyrical compositions, and figures hover between grounding and ascent, poised between the weight of the earth and the longing to rise. This suspended state becomes a metaphor for humanity's continual pursuit of awareness, balance, and spiritual awakening. Drawing from classical influence while embracing a contemporary sensibility, Barrett creates a meditative terrain where abstraction and figuration coexist in dynamic harmony.



Trained at the High School of Music & Art and the Pratt Institute, and shaped by years in the New York art scene, Barrett has developed a language of form informed by intuition, movement, and transformation. Whether a figure reaches upward, folds inward, or carries another through space, her work gives shape to unseen forces—resilience, vulnerability, unity, and the timeless search for meaning.

*Where the Soul Breathes* also weaves literary voices into the exhibition experience.



Writer **Jan Alexander** contributes ekphrastic stories responding to selected works, while **Mike Jurkovic, Ulster County Poet Laureate**, offers haiku reflections, creating a multi-layered dialogue between sculpture, poetry, and narrative.

Across bronze, painting, and wearable art, Harriet Forman Barrett's work is not static but invitational—encouraging viewers to feel, pause, and recognize our shared humanity. The exhibition offers a space where art becomes both mirror and meditation.

