



# THE SUBTLE BODY

Exhibition of Yoga and Chakra Paintings by Penelope Jack

## BACKGROUND TO THE EXHIBITION

I wanted to achieve a dual goal – to represent, in painting, the powerfully spiritual healing energy of yoga; as well as producing a comprehensive yoga instructional toolkit - the Chakra Yoga Cards. The artworks have been ten years in the making, reflecting a stylistic progression. This is the first - and probably only time - this full body of work will be seen together.

By their nature, paintings rely on the two dimensional nature of their canvas surface to convey meaning. It is the interplay between what is a visual representation and what is an expression of concepts that creates the art. This creates an energetic tension which is itself reflected in the dance between imposing your will on the artwork through the process of painting, while also allowing the artwork to lead you beyond the surface to meaning, and spirituality.

The daily practice of yoga is, similarly, a way of accessing and connecting with the energies of our cosmos that are a reflection of the creation within us.

The artworks express the spiritual nature of our existence; reflecting our transience and our essence beyond the surface.

## YOGA

Yoga means “union” in Sanskrit. Yoga is an ancient spiritual and physical discipline developed in India which focuses on the union of mind and body. We can access our essence and inner truth through yoga.

The direct translation of the word chakra is ‘wheel’. Within our subtle bodies there are areas of bioenergetic activity, or swirling wheels of vital energy - also known as *Prana* (life-force).

*Asanas* (yoga postures), *Pranayama* (yogic breathing), *Mudras* (energy seals), *Mantras* (sacred sounds), meditation and deep relaxation, rebalance and restore the flow of *Prana* (life-force) by directly improving health and increasing vitality.

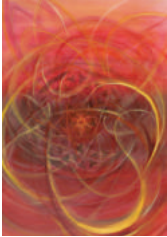
The combination of *Asana*, *Pranayama*, deep relaxation and meditation joins the individual with the universal – the union of the physical with the spiritual.

The study of yoga generally focuses on seven main chakras, which are contained in a vertical column beginning at the base of the spine and culminating at the crown of the head. The lower three chakras deal with the physical self; the upper three with the spiritual self. *Anahata* chakra at the heart centre becomes the compassionate gateway between the two.

This artistic journey explores these themes. It is a visual experience that has found a practical application to provide images for the Chakra Yoga Cards.



**1**  
**Sukasana - Easy pose**  
2011  
Oil on canvas  
37cm x 47cm x 3.5cm  
SOLD



**3**  
**Pranayama - Three-part breath** 2016  
Oil on canvas  
80cm x 120cm x 3.5cm  
R-22-000 **Now R12 100**



**5**  
**Uttanasana - Forward bend**  
2019  
Acrylic and oil on canvas  
62.5cm x 82.5cm x 5.5cm  
Currently unavailable



**7**  
**Paschimottanasana - Seated forward bend**  
2019  
Acrylic and oil on canvas  
62.5cm x 82.5cm x 5.5cm  
R19-500 **Now R8 775**



**9**  
**Urdhva Prasarita Padasana - Candle** 2019  
Acrylic and oil on canvas  
62.5cm x 82.5cm x 5.5cm  
R19-500 **Now R8 775**



**11**  
**Paschimottanasana with Blue - Seated forward bend** 2013  
Acrylic, charcoal and oil on canvas  
70cm x 60cm x 3.5cm  
R15-500 **Now R6 975**



**2**  
**Mulhadara Chakra - Salute to the Sun** 2011  
Oil on canvas  
65cm x 50cm x 3cm  
SOLD



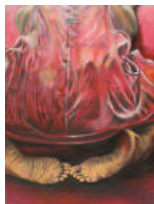
**4**  
**Tadasana - Red Mountain pose** 2019  
Oil on canvas  
62.5cm x 82.5cm x 5.5cm  
R-17-000 **Now R12 100**



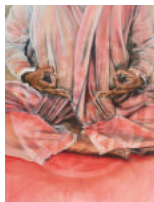
**6**  
**Adhomukha Svanasana - Downward dog** 2018  
Mixed media and oil on canvas  
60cm x 80cm x 4cm  
R-18-000 **Now R8 100**



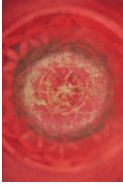
**8**  
**Garudasana - Eagle** 2013  
Acrylic, charcoal and oil on canvas  
82.5cm x 63.5cm x 3.5cm  
R14-000 **Now R6 300**



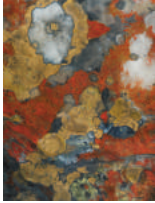
**10**  
**Mandukasana - Frog**  
2016  
Oil on canvas  
60cm x 80cm x 4cm  
R15-500 **Now R6 750**



**12**  
**Chin Mudra** 2016  
Acrylic, charcoal and oil on canvas  
62.5cm x 82.5cm x 5.5cm  
R17-000 **Now R7 650**



**13**  
**Red relaxation -  
Grounding earth** 2018  
Sunpaint, acrylic and oil on  
canvas with gold leaf  
42cm x 62cm x 4cm  
SOLD



**15**  
**Svadhista Chakra –  
Rock lichen** 2016  
Oil on canvas with gold leaf  
62.5cm x 82.5cm x 5.5cm  
Currently Unavailable



**17**  
**Ardha Matsyendrasana -  
Seated twist** 2013  
Oil on canvas  
62.5cm x 72cm x 4cm  
R15-000 **now R8 250**



**19**  
**Utkatasana - Squat**  
2018  
Acrylic and oil on canvas with  
copper leaf  
40cm x 60cm x 3.7cm  
R9-000 **now R4 950**



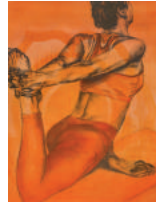
**21**  
**Stambasana II -  
Happy Baby** 2018  
Acrylic and oil on canvas  
40cm x 60cm x 3.7cm  
R9-000 **now R4 050**



**23**  
**Viloma Ujjayi**  
2016  
Acrylic, charcoal and oil on  
canvas  
62.5cm x 82.5cm x 5.5cm  
R17-000 **now R7 650**



**14**  
**Apanasana -  
Energy Freeing pose** 2018  
Oil on canvas  
42cm x 62cm x 5.5cm  
R9-500 **now R5 225**



**16**  
**Raja Kapotanasana -  
King Pigeon** 2017  
Acrylic, charcoal and oil on  
canvas  
62.5cm x 82.5cm x 5.5cm  
R18-000 **now R9 900**



**18**  
**Parsva Uttanasana**  
2012  
Acrylic, charcoal and oil on  
canvas  
40.5cm x 50.5cm x 4cm  
R7-800 **now R4 290**



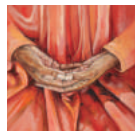
**20**  
**Stambasana collage -  
Happy Baby** 2013  
Acrylic, charcoal and oil on  
canvas  
32cm x 32cm x 4cm  
R3-500 **now R1 575**



**22**  
**Salabhasana - Locust**  
2014  
Mixed media and oil on  
canvas  
42cm x 60cm x 4cm  
R6-800 **now R3 740**



**24**  
**Jathara Parivrtti - Supine  
spinal twist** 2019  
Acrylic and oil on canvas  
42.5cm x 62.5cm x 5.5cm  
SOLD



**25**  
**Dhyani Mudra** 2015  
Oil on canvas  
52.5cm x 52.5cm x 5.5cm  
SOLD

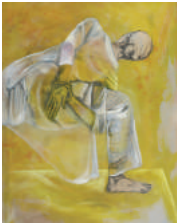




**26**  
**Orange relaxation -  
 Walking journey** 2018  
 Sunpaint, acrylic and oil on  
 canvas with gold leaf  
 42cm x 62cm x 4cm  
 Currently unavailable



**28**  
**Shoulder Stand Variation**  
 2010  
 Oil on canvas  
 42cm x 42cm x 5.5cm  
 R 5 000 **now R2 250**



**30**  
**Parsva Konasana -  
 Sideways bound angle** 2013  
 Acrylic, charcoal and oil on  
 canvas  
 79cm x 104cm x 3.5cm  
 R 22 000 **Now R12 100**



**32**  
**Trikonasana - Triangle**  
 2019  
 Acrylic and oil on canvas  
 40cm x 60cm x 3.7cm  
 R9 500 **now R5 225**



**34**  
**Trikonasana Study -  
 Triangle** 2013  
 Collage, acrylic and oil on  
 canvas  
 32.5cm x 32.5cm x 5.5cm  
 R3 500 **now R1575**



**36**  
**Vasisthasana**  
 2017  
 Mixed media, acrylic,  
 charcoal and oil on canvas  
 60cm x 80cm x 4cm  
 R18 000 **now R8 100**



**27**  
**Rocking the Baby** 2018  
 Mixed media and oil on  
 canvas  
 62cm x 82cm x 5.5cm  
 SOLD



**29**  
**Manipura - Lotus flower**  
 2011  
 Oil on canvas  
 63.5cm x 94cm x 5.5cm  
 SOLD



**31**  
**Chakrasana - Wheel**  
 2018  
 Mixed media, acrylic and  
 oil on canvas  
 60cm x 80cm x 4cm  
 R 18 000 **now R8 100**



**33**  
**Buttocks Balance**  
 2013  
 Acrylic, charcoal and oil on  
 canvas  
 32cm x 32cm x 4cm  
 R7 500 **now R3 375**



**35**  
**Dvi Pada Pittham -  
 Little Bridge** 2017  
 Mixed media and oil on  
 canvas  
 60cm x 80cm x 4cm  
 R18 000 **now R8 100**



**37**  
**Navasana - Boat**  
 2018  
 Acrylic and oil on canvas  
 and gold powder  
 40cm x 60cm x 3.7cm  
 R8 500 **now R3 825**



**38**  
***Meditation figure with Om symbol*** 2018  
Acrylic and oil on canvas  
42cm x 62cm x 5.5cm  
R9500 **now R4 275**



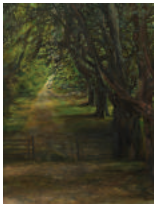
**39**  
***Rudra Mudra***  
2017  
Charcoal, acrylic and oil on canvas  
42cm x 62cm x 5.5cm  
R9500 **now R4 275**



**40**  
***Sitali*** 2017  
Mixed media and oil on canvas  
62.5cm x 82.5cm x 5.5cm  
R18000 **now R8 100**



**41**  
***Yellow relaxation - Yellow light*** 2018  
Sunpaint, acrylic and oil on canvas  
42cm x 62cm x 4cm  
R9000 **now R4 410**



**42**  
***Anahata Chakra - The path*** 2015  
Oil on canvas  
62.5cm x 80.5cm x 5.5cm  
Currently Unavailable



**43**  
***Virabhadrasana II - Warrior II*** 2013  
Sunpaint, acrylic and oil on canvas  
70cm x 60cm x 4cm  
R12000 **now R5 400**



**44**  
***Bhujangasana - Cobra*** 2017  
Acrylic and oil on canvas  
40cm x 60cm x 4cm  
SOLD



**45**  
***Ustrasana - Camel*** 2019  
Acrylic and oil on canvas  
62.5cm x 82.5cm x 5.5cm  
R18500 **now R8 325**



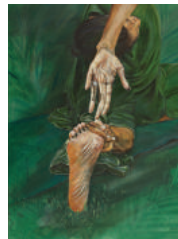
**46**  
***Gowmukhasana - Face of the cow*** 2019  
Acrylic and oil on canvas  
62.5cm x 82.5cm x 5.5cm  
R18500 **now R8 325**



**47**  
***Dhanurasana - Heart Bow*** 2018  
Acrylic and oil on canvas  
60cm x 80cm x 4cm  
SOLD



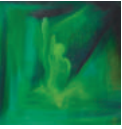
**48**  
***Ujjayi - Victorious Breath*** 2011  
Acrylic, charcoal and oil on canvas  
60cm x 70cm x 3.5cm  
Currently Unavailable



**49**  
***Parivrtti Janu Sirsasana - Revolved Head-to-knee*** 2015  
Sunpaint, acrylic and oil on canvas  
79cm x 104cm x 5.5cm  
Currently Unavailable



**50**  
**Lotus Mudra**  
2014  
Collage and oil on canvas  
60.5cm x 45.5cm x 5.5cm  
R7-500 **now R3 375**



**52**  
**Gowmukhasana -  
Face of the Cow Study** 2011  
Oil on canvas  
27cm x 27cm x 5.5cm  
SOLD



**54**  
**Vishuddha Chakra - Blue  
Birds** 2014  
Acrylic, charcoal and oil on  
canvas  
79cm x 104cm x 5.5cm  
R19-800 **now R8 910**



**56**  
**Halasana -  
Plough** 2018  
Acrylic, charcoal and oil on  
canvas  
60cm x 80cm x 4cm  
Currently unavailable



**58**  
**Padma Mastyasana -  
Fish in lotus** 2014  
Mixed media and oil on  
canvas  
62cm x 44cm x 5.5cm  
R9-500 **now R4 275**



**60**  
**Shunya Mudra** 2015  
Acrylic, charcoal and oil on  
canvas  
32cm x 32cm x 3.5cm  
SOLD



**62**  
**Blue relaxation -  
Night sky** 2018  
Sunpaint, acrylic and oil on  
canvas  
42cm x 62cm x 4cm  
SOLD



**51**  
**Dhanurasana - Bow** 2011  
Acrylic, charcoal and oil on  
canvas  
79cm x 104.5cm x 3.5cm  
R9-800 **now R4 410**



**53**  
**Green relaxation -  
Green light** 2018  
Sunpaint acrylic and oil on  
canvas  
42cm x 62cm x 4cm  
R9-800 **now R4 410**



**55**  
**Chakravakasana -  
Cat** 2019  
Acrylic and oil on canvas  
62.5cm x 82.5cm x 5.5cm  
R18-000 **now R8 100**



**57**  
**Karnapidasana -  
Spider** 2015  
Mixed media and oil on  
canvas  
37cm x 47cm x 3.5cm  
SOLD



**59**  
**Viparita Karani -  
Pose of tranquility** 2014  
Mixed media and oil on  
canvas  
62cm x 44cm x 5.5cm  
SOLD



**61**  
**Saravangasana -  
Shoulder Stand** 2014  
Acrylic, charcoal and oil on  
canvas  
70cm x 60cm x 3.5cm  
R14-500 **now R6 525**



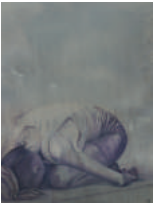
**63**  
**Dandelion breath**  
 2015  
 Acrylic and oil on canvas  
 82.5cm x 62.5cm x 5.5cm  
 SOLD



**65**  
**Badha Konasana - Cobbler** 2013  
 Acrylic, charcoal, oil on canvas  
 60cm x 80cm x 4cm  
 R-12-500 **now R6 525**



**67**  
**Natarajasana - Dancer** 2013  
 Acrylic, charcoal and oil on canvas  
 77cm x 102cm x 3.5cm  
 R-18-500 **now R8 325**



**69**  
**Balasana - Child pose** 2019  
 Acrylic and oil on canvas  
 62.5cm x 82.5cm x 5.5cm  
 R20-500 **now R9 225**



**71**  
**Kalesvara Mudra** 2016  
 Collage, acrylic and oil on canvas  
 30cm x 30cm x 3.5cm  
 R5-500 **now R2 250**



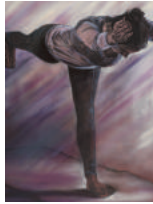
**73**  
**Vrksasana - Tree** 2018  
 Sunpaint, acrylic, and oil on canvas  
 102.5cm x 167cm x 5.5cm  
 R42-000 **now R18 900**



**64**  
**Ajna Chakra - Crystals** 2016  
 Acrylic and oil on canvas  
 62.5cm x 82.5cm x 5.5cm  
 Currently unavailable



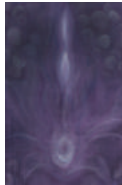
**66**  
**Tandavasana - Dancing Shiva** 2013  
 Charcoal and oil on canvas  
 82cm x 82cm x 3.5cm  
 R-14-800 **now R6 300**



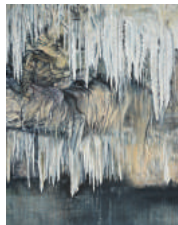
**68**  
**Virabhadrasana III - Warrior III** 2016  
 Mixed media, acrylic and oil on canvas  
 60cm x 80cm x 4cm  
 R-18-000 **now R8 100**



**70**  
**Brahmari with Yoni Mudra** 2013  
 Acrylic, charcoal and oil on canvas  
 62cm x 82cm x 3.5cm  
 Currently unavailable



**72**  
**Purple Relaxation - Trataka, third eye** 2019  
 Sunpaint, acrylic and oil on canvas  
 42cm x 62cm x 4cm  
 R9-800 **now R4 410**



**74**  
**Sahasrara Chakra - Cave** 2018  
 Acrylic and oil on canvas  
 74.5cm x 104.5cm x 5.5cm  
 SOLD





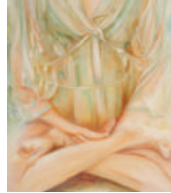
**75**  
**Bakasana -**  
**Crow** 2018  
 Acrylic and oil on canvas  
 60cm x 80cm x 4cm  
~~R19 000~~ **now R10 450**



**76**  
**Ardha Sirsasana -**  
**Little Bird** 2017  
 Mixed media and oil on  
 canvas  
 60cm x 80cm x 4cm  
 SOLD



**77**  
**Prasarita Padottanasana -**  
**Head-between-legs** 2017  
 Acrylic and oil on canvas  
 60cm x 80cm x 4cm  
~~R18 000~~ **now R8 100**



**78**  
**Padmasana -**  
**Lotus** 2011  
 Oil on canvas  
 60cm x 80cm x 4cm  
~~R15 000~~ **now R6 750**



**79**  
**Sirsasana -**  
**Headstand** 2015  
 Acrylic, charcoal and oil on  
 canvas  
 131.5cm x 82cm x 3.5cm  
 SOLD



**80**  
**Shashankasana -**  
**Hare** 2015  
 Mixed media, acrylic and oil  
 on canvas  
 59.5cm x 42cm x 4cm  
~~R6 800~~ **now R3 060**



**81**  
**Savasana**  
 2019  
 Acrylic and oil on canvas  
 42cm x 62cm x 5.5cm  
~~R9 800~~ **now R4 410**



**82**  
**Nadi Sodhina** 2019  
 Acrylic, charcoal and oil on  
 canvas  
 42cm x 62cm x 5.5cm  
 SOLD



**83**  
**Vajrapradama Mudra**  
 2017  
 Collage, acrylic and oil on  
 canvas  
 42cm x 62cm x 5.5cm  
 SOLD



**84**  
**White lotus relaxation -**  
**Rainbow light** 2018  
 Acrylic and oil on canvas  
 with silver leaf  
 42cm x 62cm x 4cm  
~~R9 800~~ **now R4 410**



**85**  
**Chakra figure**  
 2016  
 Mixed media, acrylic, oil on  
 canvas and gold leaf  
 82cm x 122cm x 3.5cm  
~~R20 000~~ **now R9 000**

**Limited signed edition prints,  
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The edition is out of 100.

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Prints A3 size R2 300 **now at special price R1 990**

Framed prints R3 500 **reduced to R3 000**

**Some editions have been printed true to size please  
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## **Instructional Chakra Yoga cards**

**@ R450**

**These make great gifts for the  
yoga enthusiast, it includes  
all images and detailed  
instructions for each chakra;  
asanas, pranayamas, mudras,  
relaxation associated with it.**



**Payment terms can be arranged;  
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