

.....For Immediate Release.....

**Noho Gallery**  
530 West 25<sup>th</sup> Street (4<sup>th</sup> Floor)  
New York, NY 10001

**Sheila Hecht**  
***Inside Out***

**November 15 – December 3, 2005**

**Opening Reception: Saturday, November 19, 4-6 PM**

*Paint itself is the subject of Sheila Hecht's painting...but the interplay of thick impasto, incised marks and strokes... creates a unifying tension among the various elements.*

**Helen A. Harrison**  
*The New York Times\**

This is Sheila Hecht's third solo exhibition at the Noho Gallery, and her new abstract paintings reflect an uncompromising commitment to explore the exhilarating territory of transformation. It is evident in the works of *Inside Out* that Hecht has ventured into deeper pastures, taking the internal material related to the turbulence and excitement of change and making it immediately accessible through the artist's hand.

Hecht's new paintings exhibit a feeling of freedom and expansion with a kinesthetic tone like that of a dancer stretching at the bar. The subtle colors, visceral, layered textures, and free-flowing brush strokes all merge into highly integrated compositions radiating with movement and rhythm. In short, Hecht's work produces a powerful energy that is so fresh and immediate, it demands interaction.

*Inside Out* invites viewers to experience a feast of sensations and insights that Sheila Hecht transmits through her paintings.

**Gallery Hours: Tuesday-Saturday, 11AM-6PM**

**Sheila Hecht: Studio Phone: (516) 482-1128**  
**Website: [www.artincontext.org/artist/h/sheila\\_hecht/](http://www.artincontext.org/artist/h/sheila_hecht/)**

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