

JANET SLOM, MFA

janetslom.com · [instagram.com/janetslom](https://www.instagram.com/janetslom) · [linkedin.com/in/janet-slom](https://www.linkedin.com/in/janet-slom) · janetslom@gmail.com · 917-846-7827

Professional Profile

Janet Slom, MFA, is an internationally recognized artist, author, educator, and social entrepreneur whose work is rooted in mindfulness practice and expressed through painting, large-scale installations, performance, and community engagement. For more than five decades, her interdisciplinary work has explored the interconnectedness of creativity, contemplative practice, and social transformation.

Highlights

- ❖ Twenty-eight solo exhibitions and more than fifty group exhibitions in the United States, Europe, and South Africa.
- ❖ Artwork exhibited at the United Nations, Lincoln Center, the South African Parliament, Everard Read Gallery (Cape Town), and Frank Pages Gallery (Germany).
- ❖ Works held in institutional, corporate, and private collections internationally, including Ralph Lauren, The Ritz-Carlton, TD Bank, CBRE, and Club Monaco.
- ❖ Artist-in-Residence, MASS MoCA, North Adams, Massachusetts.
- ❖ Artist-in-Residence and Adjunct Faculty, Center for Mindfulness, University of Massachusetts Medical School (2015–2019).
- ❖ Founder of Mindfulness-Based Self-Expression (MBSE), an experiential approach integrating mindfulness, creativity, and personal development.
- ❖ Faculty, Lehigh University Global Village (2004–Present).
- ❖ Author of *An Artful Path to Mindfulness*, recognized among notable books on creativity and mindfulness.
- ❖ Creator and producer of a daily television program integrating mindfulness, movement, and the arts, broadcast across 39 states (1978–1984).

Professional Practice

Working Artist

1968–Present

Creates paintings, site-specific installations, performances, public art projects, and commissioned works for cultural institutions, healthcare settings, educational organizations, and community initiatives.

Solo Art Exhibitions

- ❖ 2024 — Artist in Residence, MASS MoCA, North Adams, Massachusetts
- ❖ 2021 — Trilogy I, The Garage El Portal, Miami, Florida (2021-2022)
- ❖ 2015 — Artist in Residence, Center for Mindfulness, UMASS (2015 - 2019)
- ❖ 2014 — Simunye, African American Research Library and Cultural Center, Florida
- ❖ 2013 — New Work, Five Points Gallery, Torrington, Connecticut
- ❖ 2012 — Presence Performance and Play, Flagler Arts Village, Florida
- ❖ 2007 — Inspired Line, Ulla Surland Gallery, Fairfield, Connecticut

- ❖ 2005 — Rivonia Transformed - Adirondack Community College, New York
- ❖ 2003 — Peace Pigeon, United Nations, New York, New York
- ❖ 1998 — Feder Gallery, New York, New York
- ❖ 1997 — Shambhala V, Frank Pages Gallery, Baden Baden, Germany
- ❖ 1997 — Simunye We Are One, ArtPlace, Southport, Connecticut
- ❖ 1996 — Into the Blue Shambhala III, Silvermine Guild Arts Center, Connecticut
- ❖ 1995 — Shambhala II, Kohn Pedersen Fox Gallery, New York
- ❖ 1995 — Arte E Arte, Montecatini, Italy
- ❖ 1994 — Shambhala I, Kohn Pedersen Fox Gallery, New York, New York
- ❖ 1994 — Frank Pages Gallery, Baden Baden, Germany

Selected Group Exhibitions

- ❖ 2024 — Silvermine Guild Art Center, Silvermine, Connecticut
- ❖ 2023 — Ninoska Gallery, Coral Gables, Florida
- ❖ 2023 — The Pallet Exhibit and Auction, FIU, Miami, Florida
- ❖ 2014 — Performa Experimenta, Flagler Arts Village, Fort Lauderdale, Florida
- ❖ 2012 — Hudson Walker Gallery, Provincetown, Massachusetts
- ❖ 2011 — On the Edge of Light, Maor Gallery, Miami, Florida
- ❖ 2009 — Philip Johnson House Exhibition, Alice Ball House, Connecticut
- ❖ 2008 — Abbracci, Silvermine Guild Art Center Studio Tour, Connecticut
- ❖ 2005 — Everard Read Gallery, Cape Town, South Africa
- ❖ 2001 — ST ART, Strasbourg, France; SALON DE MARS, Geneva, Switzerland
- ❖ 2001 — ARTPARIS, Carrousel du Louvre, Paris, France
- ❖ 1999 — Adelson Gallery, New York, New York
- ❖ 1999 — Rebuilding Torn Societies, United Nations, New York
- ❖ 1999 — LINEART, Ghent, Belgium; Art Frankfurt, Germany
- ❖ 1999 — Art Miami, Florida; National Arts Club, New York
- ❖ 1999 — United Nations 50 Year Celebration One World Many Visions

Teaching and Educational Appointments

Lehigh University Global Village

Faculty | 2004–2024

Center for Mindfulness, University of Massachusetts Medical School

Adjunct Faculty and Artist-in-Residence | 2015–2019

Developed and facilitated art and mindfulness-based creative programs, exhibitions, workshops, and community engagement initiatives.

Education

Master of Fine Arts (MFA) · Massachusetts College of Art and Design · 2008–2011

Advanced Seminars · Yale University · New Haven, Connecticut · 1994–1997