

Lisa Navarre

I grew up in Boulder, Colorado and spent my childhood roaming the foothills of the Rocky Mountains. My husband and I raised our children in the mountains and have continued our love affair with the Rockies. Watching the seasons roll on these past few months through snow, mud, wind as we have all struggled to regain our balance, and finally, sun and new growth, inspired me. While I primarily paint with watercolor, I have been playing with acrylics on wood to make art that can be hung outside. My painting, this spring includes lots of birds, animals and a collection of yin yang designs, signs of hope and renewal. You can see more of my work at [www.trackandtrailarts.com](http://www.trackandtrailarts.com).