

# 2026 sacrededge

Cradle of Life

## Profile: Kirsten Penzes

Kirsten Penzes is an emerging artist and art educator, living and working in Point Lonsdale on Wadawurrung country. Kirsten is a multi-disciplinary conceptual artist exploring subjective experiences through ceramics, textiles, collaborative works, and installations. Her current body of work draws inspiration from womanhood through her midlife wonders and her childrens' teenage curiosities. Presenting a series of ceramic vases, abstract paintings and collaborative needle work exploring orgasmic energy, body empowerment and women stories at the 2023 & 2025 Bellarine Arts Trail.

Alongside Kirsten's art practice, she works as an educator with a love for The Arts and Qigong. She works with NDIS artists as a studio assistant and art educator, while also volunteering as a Geelong Gallery Guide. Kirsten has personal practice in Qigong of 5 years and teaches Qigong at Makai studios in Point Lonsdale. Kirsten's Qigong teacher is Hang Nhan with her lineage following the Lohan (Shaolin) Qigong and Kung Fu system at the root school of Choy Lee Fut.

