

Freedom

In conversation with someone recently, I was reminded of the beauty of the feeling of Freedom. The bicycle is a recurring symbol for finding that feeling, for an extended period of time, or momentarily. Whether you are riding in the country or town, it is there: new sights, places, lack of conversation, nothing to do but pedal, moving smoothly along the road or trail. Here I would like to share a few Spots & pieces of art related to this idea. As always, wishing you many moments of ease and happiness as you experience the Art of Leisure.

As Expressed by Two International Artists Today:

- Caldwell Snyder Gallery, Colleen Mulligan www.caldwellsnyder.com
 - ◆ Left: Artist, Eva Navarro We Go To The Beach
 - ◆ Middle: Artist, Alireza Varandeh The Stage
 - ◆ Right: Artist, Alireza Varandeh Autumn



Rides - Sonoma Valley:

- Sonoma Bike Path www.sonoma.com
- East Side Sonoma, scenic Brenda McNeill, bicycle map
- Sonoma Adventures www.sonoma-adventures.com

Rides - Napa Valley:

- Napa Valley Rides www.sthelenacyclery.com/about/where-to-ride-pg144.htm
- Napa Valley Bike Tours www.napavalleybiketours.com/napa-valley-cycling-routes/

Premium Fuel:

- Oakville Grocery www.oakvillegrocery.com
- Sonoma Best www.sonomas-best.com

Rental and Repair:

- Napa Valley Velo www.napavalleyvelo.com
- Wine Country Cyclery www.winecountrycyclery.com
- Blazing Saddles Bicycle Rentals www.blazingsaddles.com

BRENDA MCNEILL
Art of Leisure