

Heidi Nardoni

A Summer's Day

A Summer's Day celebrates the energy and impermanent beauty of flora in May. Rooted in observational drawing and painting from life, my practice sits between impressionism and semi-abstractism, capturing fleeting moments in the landscape through intuitive, expressive mark-making.

When my family and I moved to the Marlborough Downs ten years ago, I was struck by the rolling hills—like a seabed of wildflowers—where fields, valleys, and horizons flow into one another without borders. The openness and constant change of the landscape made a lasting impression, and continues to guide how I see and paint.

Through a balance of materials, composition and technique, I explore not only the visual beauty of nature but the deeper connections it represents—between strength and fragility, chaos and calm. Automatic painting allows me to let go of control and respond instinctively to the emotional rhythm of the land. I try to let the feeling of nature—and its relationship to all that is powerful, gentle, and fleeting—take over my process. My brushstrokes shift between delicate mark-making and bold, dynamic gestures, echoing the contrasts and harmonies found in the natural world. Each painting becomes a quiet meditation on presence, change, and the living landscape that surrounds me.

Heidi has been selling artwork for 25 years, with a practice that primarily focuses on oil paint and graphite. Working exclusively from life, Heidi regularly engages in life drawing, driven by a deep interest in how this exercise represents a space of connection between artist and subject. Through this ongoing dialogue, she explores themes of intimacy and presence in her work.

Flowers and landscape feature prominently in Heidi's practice, symbolising not only the beauty of nature but also the connection between viewer and subject, and the space that exists between them. Her compositions are carefully constructed to embody that connecting space, inviting the viewer into an experience of shared presence and interaction with the natural world. Alongside her artistic practice, Heidi is a college lecturer in fine art and a private tutor specialising in portfolio preparation for scholarships, Oxbridge personal statements, and entrance exam preparations.



Portrait by Alex Bramall