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Lucia Heffernan

American, b. 1966

My body of work is an expression and exploration of my lifelong fascination with animals. Through my paintings, I seek to give animals a voice and a personality, while making light of our uniquely human existence. By imagining what animals might do if put in human situations, I stage tableaux that shine a spotlight on both their innocence and raw instinct. This collision between animal and human sensibilities creates a whimsical, theatrical, and often humorous world that viewers can relate to on an emotional level.

A graphic designer by trade and an oil painter by design, I am continually experimenting with different styles of contemporary realism that balance my artistic sensibilities, technique, and unique sense of humor. As I evolve, what remains constant is my respect for the animals that inspire me, and my desire to bring a smile to the face of every viewer.

EDUCATION

Binghamton University, Binghamton, NY	BFA	1985-1989
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RECENT EXHIBITIONS (PAST 3 YEARS)

2025

Dec	CODA Gallery – Solo Show - “The Furry Side” – Palm Desert, CA
July	Seattle Art Fair, with Rehs Gallery, Seattle, WA
May	Art Busan 2025, with Gallery Unplugged, Busan, South Korea
Mar	CNS - “Art & Soup” – Sandy, UT
Feb	The Palm Beach Show, with Rehs Gallery, Palm Beach, FL
Jan	Springville Museum of Art, Art Renewal Center: Featured Artist 2025, Springville, UT

2024

Dec	CODA Gallery – Solo Show - “Urban Animals” – Palm Desert, CA
Nov	Modern Eden Gallery – “Paracosmic Escape” group show curated by Beautiful Bizarre, San Francisco, CA

Nov	Zions Bank - "Zions Bank Invitational" - Salt Lake City, UT
Aug	The Nantucket Show – Nantucket, MA
Jul	The Newport Show – Middletown, RI
Jul	Hampton Fine Art Fair – Southampton, NY
Apr	The Philadelphia Show, with Rehs Gallery, Philadelphia, PA
Mar	CNS - “Art & Soup” – Sandy, UT
Mar	Group Show, Rich Art Gallery, Taichung City, Taiwan
Feb	The Palm Beach Art Show, Palm Beach, FL
Jan	Art Palm Beach, Palm Beach, FL

2023

Dec	Miami Art Week – Miami, FL
Dec	Coda Gallery – “Solo Show” – Palm Desert, CA
Sept	Copro Gallery – “10th Annual BLAB Show – group show” – Los Angeles, CA
Jul	Salt Lake City Country Club - “The Art of Golf” - Salt Lake City, UT
Jun	Abend Gallery - “Wild at Art” – 4 Person Exhibit - Denver, CO
Mar	Corey Helford Gallery - “Secret Longing Group show” curated by Beautiful Bizarre Los Angeles, CA
Mar	CNS - “Art & Soup” – Salt Palace, Salt Lake City, UT
Feb	LA Art Show – LA Convention Center, Los Angeles, CA
Feb	Palm Beach Art Show - Palm Beach Convention Center, Palm Beach, FL
Jan	Coda Gallery - "Solo Show" -Palm Desert, CA

2022

Nov	Zions Bank - "Zions Bank Invitational" - Salt Lake City, UT
Oct	Baltimore Art and Antique Show - Baltimore Convention Center, Baltimore, MD
Sept	Musei San Salvatore Lauro – “Solo Show” - Rome, Italy
Mar	Rehs Contemporary - “Beneath the Surface” - New York City, NY
Mar	CNS - “Art & Soup” – Salt Palace, Salt Lake City, UT
Jan	LA Art Show – LA Convention Center, Los Angeles, CA

2021

Dec	Coda Gallery – “Solo Show” – Palm Desert, CA
Dec	Abend Gallery – “Miniatures” Group Show – Denver, CO
Oct	Haven Gallery – “Animalia” curated by Beautiful Bizarre Magazine – Northport, NY
Sep	Copro Gallery – “16 th Annual BLAB! Show” - Santa Monica, CA
Aug	LA Art Show – LA Convention Center, Los Angeles, CA
Aug	Nantucket Summer Show – Nantucket, MA
Jun	Rehs Contemporary Gallery - "Spirit Animals Solo Show" - New York, NY
Jun	Kirk Gallery – “Dreambags and Jaguar Shoes” – Denmark

Jan Abend Gallery - "Online Solo Show" - Denver, CO
 Jan Coda Gallery - "Solo Show" -Palm Desert, CA

PUBLICATION

2025

Mar 17th International ARC Salon Special Section – Fine Art Connoisseur Magazine, March / April Edition
 Mar Humorous Animal Paintings By Lucia Heffernan (30 Pics), Bored Panda, March 11, 2025

2024

Oct Lucia Heffernan – Salt Lake Sideways
 July Community Highlights: Meet Lucia Heffernan of Lucia Hefferan Fine Arts – Voyage Utah
 Apr Pictorial” – Children’s Science Donga 20th Anniversary Edition – South Korea

2023

Nov "We Love Animals" – Editorial, Elle Magazine– SouthKorea
 Oct Gym Rats – @ElleTaiwan & @ElleBeauty.tw
 Sept Gym Rats – @WomensHealth_TW
 Aug "Meet Lucia Heffernan" – Canvas Rebel
 Jun Wild at Arts – American Art Collector
 May "Meet Lucia Heffernan" – Happy Homes and Garden Radio Talk Show hosted by Daphne Royse
 Apr "Meet Lucia Heffernan" – ARV | Art Rendez - Vous
 Jan "Adorable Animals Acting Absurdly" – Editorial, Beautiful Bizarre Magazine, Issue 40

2022

Oct “Lucia Heffernan’s Open Studio” by Rome Art Week
 Sept “Lucia Heffernan Exhibiting at First European Gallery Show in Rome – Business Wire
 Sept “Lucia Heffernan Vacanze Romane” – Licensing International
 Sept “Lucia Heffernan- Vacanze romane” – Artribune
 Sept “Lucia Heffernan’s Works are Striking” – Globe Banner
 Sept “Lucia Heffernan Embraces Rome with First European Exhibition” – Total Licensing
 Sept “Lucia Heffernan” – Editorial – Bixbipet Purr Magazine – Issue No. 1
 Jul “Can you imagine How it Looks like when a Chick doing Yoga” – Amestri
 Mar Lucia Heffernan – Happy Magazine , Germany
 Jun Cover Photo – Editorial, The New Barker
 Mar "Artist Paints Adorable Fluffy Chicks Doing Yoga" – UpWorthy
 Mar "Pulcini-ritratti-in-posizioni-yoga-lucia-heffernan " – WoNews.it
 Feb "Fluffy Chicks Practice Yoga Poses in Realistic Oil Paintings" – My Modern Met
 Feb “Chicks Appear to Attempt Various Yoga Positions” – The Sun
 Feb “Adorable & Flexible Chick in Perfect Yoga Poses by Lucia Heffernan”– 121 Clicks

Jan "Yoga Chick Tarot and Art Forecast" – The Fox and the Tarot
Jan "The Humorous World of Artist Lucia Heffernan" – Knotty Toys for Good Dogs

2021

Dec Yoga Chicks" – Die Zeit Newspaper – Germany
Dec "Absurdly Flexible Chicks Lunge, Twist, and Stretch into Perfect Yoga Poses" Colossal
Jul "LA Art Show Returns" – American Art Collector
May "Anthropomorphized Animals" – Forbes
May "What's Your Spirit Animal?" – PR Newswire
Mar "Strong Viewpoints – Women Artists" – Lucia Heffernan
Jan "Where the Art Makes You Smile" - Palm Springs Life Magazine

AWARDS

2025

ARC Salon - "The Paint Job" – Springville Museum of Art Exhibition Award, and Dual Category Award
ARC Salon - "Love Potion No. 9" – Semi-Finalist

2024

Richeson 75 - Animals, Birds & Wildlife - "Oasis" – Finalist & Honorable Mention

2023

Richeson 75 - Animals, Birds & Wildlife - "The Paint Job" - Finalist

2020

ARC Salon - "UnCommon Cowboy" - Finalist
Richeson 75 - Animals, Birds & Wildlife - "UnCommon Cowboy" - First Place

2019

ARC Salon - "Apple Music" - Rehs Contemporary Gallery Award
ARC Salon - "Washington Gothic" - Haynes Galleries Award
ARC Salon - "El Toro" - Finalist
Richeson 75 - Animals, Birds & Wildlife - "Sealrio" - Honor Award

2018

ARC Salon - "Gladiator" - Finalist