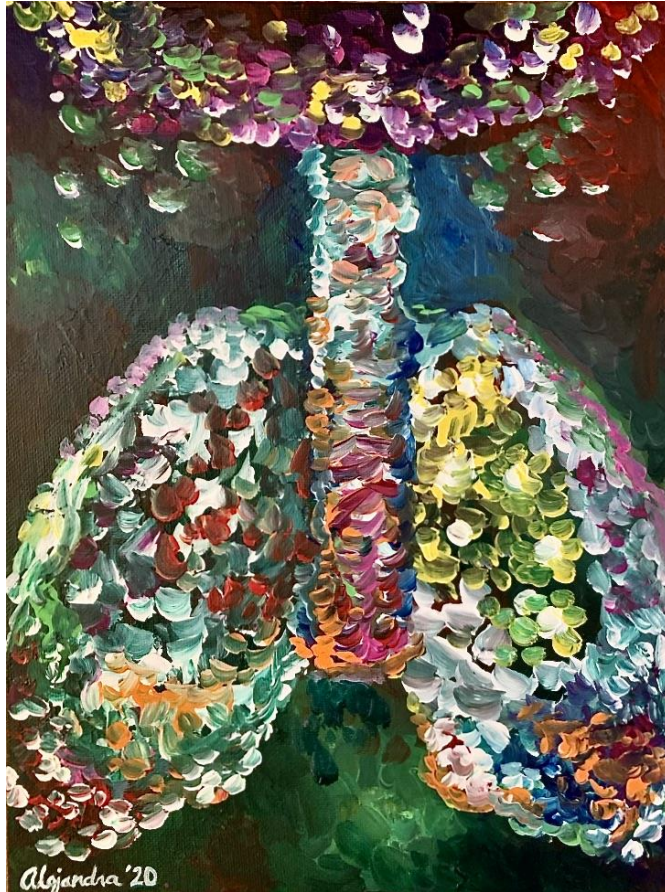


A Story of Art Creating Life

4/16/2020

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Just a Breath / Solo un Suspiro

Alejandra Oseguera's artistic talent turned a horrific battle for breath due to Covid-19 into evocative works of art. Oseguera, an artist and counselor, spent much of March fighting for her life, one difficult breath after the other.

"Out of this bad experience," she tells us, "something good came out.

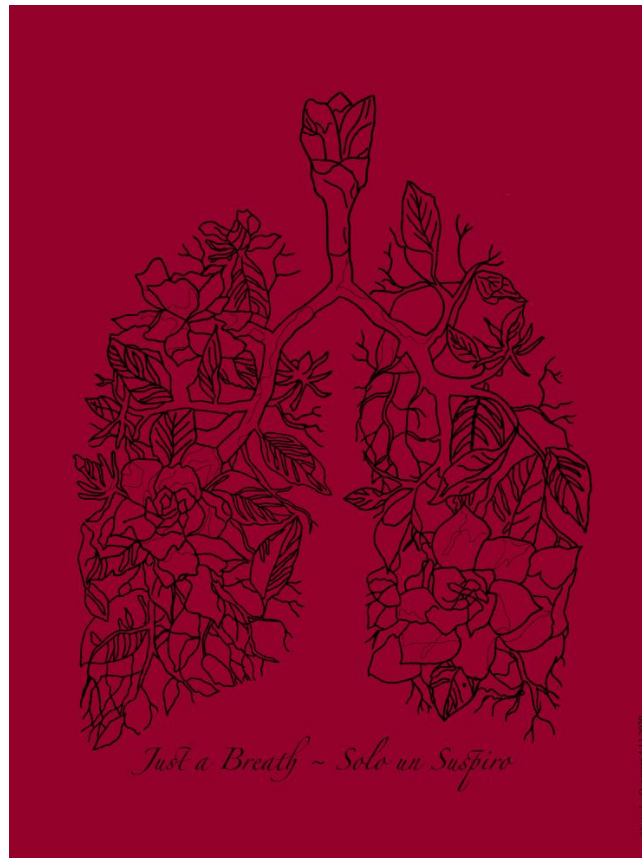
“I had never in my life experienced shortness of breath and fatigue the way I did last month. I was in denial, didn't think I could be sick with this new virus, but I work with college students that had recently traveled and was exposed. I am happy to report that I am doing well.



Alejandra Oseguran 4/13/2020

“That horrible feeling of not being able to catch my breath, not being able to talk or walk without taking a break got me in touch with my creative self. I discovered how much fun digital drawing can be. Having shortness of breath and extreme fatigue inspired me to create these pieces. (Four of Alejandra’s works are published here with her permission.)

“I want to create more paintings to form a series titled, "Just a Breath / Solo un Suspiro."



We look forward to the series and are so grateful to Alejandra for sharing her story and her art. We can all cherish the courage in her words, “Out of this bad experience, something good came out.”



Alejandra Oseguera has an extensive career providing academic, personal and career counseling services in schools of higher education throughout the San Francisco Bay Area, where she lives. She holds a Masters in Counselor Education and a Pupils Personnel Services Credential from San Jose State University.

website: <https://hijadelsolart.blogspot.com/>
