

KEITH SECHREST

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From working backstage with a wide variety of performing artists to caring for an ailing parent or assisting a spa regular with joint replacements, from managing a bed & breakfast in the Big Bend Region of Far West Texas to helping a non-profit art space produce independent music events, Keith brings a range of personal and professional experiences as well as a love of learning to each fresh challenge.

Licensed & practising massage therapy since 2012; trained in Swedish, sports massage, deep tissue, fascial release, oncology massage, Zero Balancing, cranio-sacral therapy, plus both hot stone massage (including Himalayan pink salt) and cold stone facial massage. Keith frequently works with CBD, specialising in bringing clients relief from chronic shoulder/neck-related issues and TMJ dysfunction, as well as aiding recovery for hip tension of runners, cyclists, and dancers.

They also have over twenty years of experience both as a stage manager, working with various theatre and dance companies, and as visual artist, working primarily in acrylic on canvas and graphite on paper. Grounded in imaging from telescopes to microscopes, their saturated canvases forge a new way of perceiving relationships of structure and scale in our universe. Forms instantly recognisable to some appear as colour-drenched Rorschachs for others, offering a glimpse into worlds hidden from our everyday lives. Keith's jewelry designs conjure gleaming kinetic sculptures in miniature.

EDUCATION & EXHIBITIONS

Lauterstein-Conway Massage School	500-Hour Program & Advanced Clinical Training
Gamma Ray Memorial – Solo Installation	2014 – 2018
Gender Unbound Art Festival – Group Shows	2018 – 2019

EXPERIENCES

Visual Artist	1994 – Present
Spavia Day Spa Massage Therapist	Austin, Texas 2018 – Present
Myo Massage Massage Therapist	Austin, Texas 2018 – 2019
Hand & Stone Massage and Facial Spa Massage Therapist	Austin, Texas 2016 – 2018
Lyft Driver	Austin, Texas 2015 – 2016
Shrewd Productions Stage Manager	Austin, Texas 2014 – 2015
Kathy Dunn Hamrick Dance Company Stage Manager	Austin, Texas 2012 – 2015
Adobe Rose Inn B&B Manager	Marathon, Texas 2007 – 2010
Marathon Volunteer Fire Department Wildlands Auxiliary	Marathon, Texas 2007 – 2010
Ballroom Marfa Production Manager	Marfa, Texas 2005 – 2007
Caregiver	2003 – 2008
Sul Ross State University Stage Manager	Alpine, Texas 1997 – 2003

"Their work is so new, so damn fresh, that a human whose life is dedicated to confirming their own soliloquies does not even have the emotional vocabulary to recognise the genius. Very Great Art of course demolishes these closed doors. If their work were in an environment where it could be met on its own terms, then Sechrest becomes one of those artists with enough subtlety and strength to open one's windows to the new. Still, something as new as their work requires a vanguard to prepare Average Jan to receive it. I want to be that vanguard." – Abel Coelho, late creative director of the Kyoto Butoh-Kan