

Paavo Stenius

Finnish, b. 1969



Paavo Stenius was born in 1969 in Oulu, Northern Finland. Stenius has lived in various parts of Finland throughout his life but settled in Jyväskylä in central Finland twenty years ago because of its beautiful nature surrounded by lakes and forest. Stenius has had a love of the forest since he was a boy, spending hours exploring and playing amongst the spruce and pine trees. His work predominantly depicts the Finnish forest and lakes.

Initially employed as a nurse, and with no formal artistic training, Stenius painted in watercolour as a young adult for pleasure, becoming a full-time artist in 2000. He concentrated on paintings of the Finnish forest and birdlife. In 2004, Stenius started to paint in oil for the first time. He continued to paint the lakes and forest which surround him as well as the large mammals of the northern climes.

Stenius has had various solo exhibitions throughout Finland and has participated in group exhibitions in Rome, Berlin and Prague. In 2014, Stenius won first prize in the Oktober Fest Art competition held by the Finnish Chamber of Commerce in Helsinki.

Solo Exhibitions

- 2023 The Summer Man, Mikkeli Galleriari, Mikkeli, Finland**
- 2022 Wolverine knows the Paths of the Forest, Munkkiniemen Taidelainaamo, Helsinki, Finland**
- 2022 Art meets Fashion, Art Centre Ainoa, Marita Huurinainen, Espoo, Finland**
- 2021 Forest Behind the Apple Trees, Mikkeli Galleriari, Mikkeli, Finland**

Solo Exhibitions Continued

- 2019 Winter Exhibition, Home Gallery and Garden, Jyväskylä, Finland**

- The Sing Echoes from Far North, Home Gallery and Garden, Jyväskylä, Finland**
- 2017 The Flying Red Admiral, Palvelutalo Abeli, Pieksämäki, Finland**
- 2015 Recipient of Spring and Brothers of the Red Blade, Gallery Rupla, Helsinki, Finland
- 2014 Laughter in the Space, L3 Makasiini, Helsinki, Finland
Good Chair to Sit on, Hoikkassali, Äänekoski, Finland
I Dance on the Milky Way, Gallery Kulttuuribingo, Oulu, Finland
- 2012 My Colourful World, Gallery Gummerus, Jyväskylä, Finland
- 2010 Men in Saunas, Vaajakosken Wanha Voimala, Vaajakoski
- 2008 On the Traces of the Black Woodpecker, Gallery UTU, Jyväskylä, Finland
- 2002 Water Paintings, Jyväskylä Central Library, Jyväskylä, Finland

Group exhibitions:

- 2025 Distant Voices, Fiumano Clase & Cadogan Fine Arts, London, UK**
- 2024 Nature and Landscape in the North, Cadogan Fine Arts, London, UK**
Winter Exhibition, Visions from the North, Cadogan Fine Arts, London, UK
Between Conscious and Subconscious, Finnish Spirit, Helsinki, Finland
Patina Art Gallery, Charity Exhibition, Jyväskylä, Finland
- 2023 La Fiaba Gallery, Jyväskylä, Finland**
Nordic Summer Exhibition, Clase Fine Art & Cadogan Fine Arts, London, UK
Nature Tomorrow, Galleria Patina, Jyväskylä, Finland
Luxus, La Fiaba Galleria, Jyväskylä, Finland
Identity Art Exhibition. Finnish spirit, Helsinki
- 2022 Nordic Winter Exhibition, Clase Fine Art & Cadogan Fine Arts, London, UK**
- 2021 Nordic Summer Exhibition, Clase Fine Art, London, UK**
- 2017 Prague Art Cocktail International Exhibition in Prague, The U ZLATÉHO KOHOUTA Gallery, Prague, Poland**
Rosso Cinabro, Contemporary Art in Rome, Rome, Italy
- 2017 Kunst Lives Matter Galerie Marzia Frozen, Berlin, Germany**
- 2016 The Workshop Wizard, Konepajan Bruno, Helsinki, Finland**

Awards

First prize in the Oktoberfest Art Competition of the German-Finnish Chamber of Commerce in 2014