

RECONNECT TO NATURE

Artist Jay Mead facilitates 2-4 hour sessions where participants explore the natural surroundings of a particular place such as a river and create art. Participants work as individuals or in groups of two to create art pieces/installations out of found materials.

Special attention is paid to what natural features are present, such as sand, rocks, grasses, driftwood, leaves, bark; how do these materials lend themselves to pattern, contrast of object and ground, balance, fluid dynamics and other possible themes?

When these pieces are completed a discussion ensues about what was discovered in the process of creating each art piece. Often participants discover some kind of metaphor for their personal and/or work life. In addition, there is also a sense of play and rediscovery that is experienced by participants.



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