Sharing my practice

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Sharing my Practice

Summer Research 2019

Elayna Levie Caron
This summer I set out with the intention to share my practice. The goal of my summer research project was to share the practices of art and yoga with the Puget Sound community. Unlike most research projects, I did not have one main goal or hypothesis of my work, instead, I wanted people to find any kind of healing and centering in my work. For the first part of my research I held weekly yoga classes in my studio space. Each week I created a painting that correlated with the ideas I was teaching and created a physical yoga practice and a meditation around those themes. The yoga I teach is somatic, which means feeling into different parts of the body, and it also works with trauma aware principles. My painting and teaching worked hand and hand, each informed the other and I was able to build a symbiotic relationship. The second part of my research was hosting workshops about art and yoga. The first workshop I hosted was titled Boundaries and Protection. In this workshop we investigated the ways we hold boundaries in our physical bodies and how to find protection in yoga, breathing, and art. After doing a yoga and breath practice students transitioned to a art practice where I asked questions about where people felt boundaries in their body and in their lives and how that could translate to a drawing, painting, or collage. After the workshops were over I got helpful feedback from the participants and that helped me plan for my second workshop. The second workshop was titled Grounding in Times of Chaos. This workshop felt especially important for the chaotic times that have been happening in politics and personal relations. This workshop was inspired by a quote from one of my favorite authors and activist Michael Stone. Michel Stone wrote in 2015, “the only constant is change”, after the chaos of heart break, travel, death, and instability this summer I
have come to realize that this is truer then ever. The path that has lead me to these workshops has been long and messy. I have had many teachers who have shown me their messy paths as well, and that is what connects us all as human, the messiness. One thing that I have found grounding in and I have learned from my teachers is the value of a practice. Whether it is meditation, running, weeding, yoga, painting, sculpting, speaking, singing, teaching, or anything else under the sun we all have practices. A practice is something that you can come back to and rely on when life gets chaotic and messy. The workshops allowed me a space to share these ideas and practices which have meant so much to me over the last few years, and as I move forward with my life and my work I will continue to hold these months as important stepping stones in my life's work.

Images from summer research:
Tears For my ex Lover
Acrylic on Canvas
3x4 feet

Holding Space for Myself
Acrylic on Canvas
3x5 feet
Holding Space or White Savior?
Acrylic on Canvas
2x3 feet

Running Legs
Acrylic on Canvas
3x5 feet
Between two lungs
Acrylic on cork board
1x2 feet

Spinal movement
Acrylic on cork board
1x2 feet
Ocean Breath
Oil and photo collage on board
1x2 feet
Spinal Fluid
Acrylic on canvas
1x3 feet
Cat/Cow
Mixed media on canvas
3x5 feet