



# Allyna Harris

visual artist, musician, composer

## ARTIST STATEMENT

Each painting is a leap of faith,  
a new path into the unknown.  
I first work with the body, like a dancer,  
letting emotion move the brush.  
I listen to hear the siren call of the next colour.  
The painting starts to take shape and suggest imagery.  
Only then do I discover what it is I am painting.

Reflections in water, sunlight and sky through branches and leaves,  
the layered complexity of forest floors, portals, landscape, emotion,  
human gestures and dance, my training as a musician and composer...  
my deep concern for the environment...these are all elements of inspiration.

My paintings explore ideas of multiple dimensions and interconnectedness.  
They are imaginary spaces encouraging the viewer to experience shifts  
in perception and explorations of personal narrative.

The allure of mystery, spontaneity and transformation informs all my work.  
The practice of observing and cherishing the natural world is essential to it.

## BIO

Allyna Harris is a visual artist, musician and composer.  
She was born in Montréal, attended The New School of Dawson College  
and graduated with a BFA (music performance and composition) from  
Concordia University before moving to the Eastern Townships in 1980.

Through a concurrent practice of painting, drawing, photography and video,  
visual arts has been an integral part of her life. From 2007 to 2009 Allyna trained  
as a creativity coach which stimulated a heightened engagement with painting.

The Musée Beaulne presented Allyna's first solo painting exhibition in 2011  
and she has participated in several group exhibitions including Studio Georgeville  
and the Salon des artistes locaux et régionaux, also at Musée Beaulne.  
Her paintings are in private collections in Québec, Ontario, Vermont and Italy.