

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 from Concordia University (music performance and composition) before moving to the Eastern Townships in 1980.

Allyna has written music for art exhibitions and dance and performed with guitarist Peter Mendieta (Harris&Mendieta) for many years. She coaches piano students at Stanstead College and is the founding and artistic director of the Choromondo World Music Women's Choir.

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

Her first solo exhibition was at the Musée Beaulne in 2011 and she has been active in the Eastern townships visual arts scene since then. She is a professional artist member of both RAVIR (Regroupement des artistes vivant en ruralité) and ELAN (English Language Arts Network). Her paintings are in private collections in Canada, USA, Italy and Mexico.