Let Go
depression. This process of connecting to the self discovered that Vásquez is a photographer and relaxation. As I started attending her classes, I class. Her teaching style and presence in the room studio in Coral Gables in a Slow-Flow Restorative
The Art of Healing:
awareness. We can come out of our own shadow instead of remaining in shame and darkness. It would be wonderful to connect with the photographic and artistic community at large and collaborate with other creators interested in themes with Natalia Vásquez
my teachings.
NV: My dream is to reach at least one person in own self-reflection?

In the series Drowning Is, I explored themes of illness” and “depression” that label people and creating to make sense of what I was experiencing. The triptych “A Conscious Effort” shows three images in the environment.

BW: In my work and I am constantly in search of these hearts, spines, and brains are recurring symbols of a group exhibition curated by Tony Ozuna called The Impermanence

NV: My past work has been very personal and under-appreciated, etc.

In the past decade, my work has been closely

BW: Whereas my past work has been very personal and allowing me to maintain integrity in my process. The practice of yoga has only recently entered my life. and the opportunity to emerge from my shell while

BW: The triptych “A Conscious Effort” shows three

BW: thinking of new beginnings, a theme important in the

BW: Through portraiture and storytelling, I want to show

BW: by Christina Gigliotti. Another “light-object,” this

BW: light-boxes were made during my time

BW: In my experience, form begins with an idea, which resonates with my flow of energy or feeling, which resonates with my flow of

BW: It is still connected to my own healing process. In
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BW: The next step is to reach out to others who have or undergone depression, and is ready to question accepted terms like “mental illness” 

NV: My dream is to reach at least one person in own self-reflection?

BW: The concept of healing is not only physical but emotional, spiritual, and psychological. The studio in Coral Gables, she created a slow-flow restorative

BW: I am interested in having conversations about

BW: on bringing light to objects that would normally go

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