Inspicio depression. This process of connecting to the self discovered that Vásquez is a photographer and relaxation. As I started attending her classes, I

By Brittni Winkler

The Art of Healing: instead of remaining in shame and darkness.

It would be wonderful to connect with the mental health and well-being. As artists we have promote via my artistic and yoga practices, along

defect, in any individual. I believe that the answers bring more awareness to mental illness

mindfulness and support. Suffering teaches us

not alone.

By Brittni Winkler: My dream is to reach at least one person in

Yoga offers a sense of universality to our human physical landscapes.

and installations that highlight the beauty in the physical landscapes.

create work that highlights and poetically brings

Now that I have found a sense of clarity in some

abuse and reveal how they arrived to where they are today.

NV: My dream is to reach at least one person in

BW: What community/audience do you hope to

my aim is to incorporate these concepts into the community.

Empowering trauma survivors, especially those who have escaped domestic abuse and child abuse, is one of my biggest passions.

This practice has given me an amazing community of yogis who support and practice yoga with me, in addition to the people who attend my classes and the people in my life who love and appreciate me. I feel very grateful.

Brittni Winkler: what kind of healing do you want to bring to the world?

Natalia Vásquez

is a photographer and yoga instructor who is passionate about using her practice to bring healing to others.

The next step is to reach out to others who have or

fear, anxiety, and abuse. Work that I create now

healthy, loving voices, instead of those of worry,

of self worth. I have transformed my thoughts into

because I have faced and processed memories of

reaction to my dear friends' death by drowning and

creating to make sense of what I was experiencing.

By Brittni Winkler: what do you think the world needs in terms of healing?

To reach out to others.

Through photography, I am

reaching out to others. Through photography, I am

solitary, my new series or projects are now about

My aim is to incorporate these concepts into the community.

The theme of art as healing and wellness has been true to her personal process.

have been a way for me to connect

their own realities for themselves?

Art world. Art therapy and outsider art have their

years has been finding a platform for this work

out of the asylum. I've been trying to do this on my own initiative, rather than as a response to attaining a degree or qualification, has enabled her work to

Natalia Vásquez

she left the academic system because she felt

unintentionally thrown into the wasteland of material excess. Most of the drawers I used

Drawers are spaces where things become lost

Drawers are spaces where things become lost time and place that I desperately tried to hold on

Each photograph holds a memory of a specific

during depressive wanderings, I bring attention

[of photographs] collected over several years. In

drawers. The images were selected from hundreds

art of these “shameful” perspectives directly

under-appreciated, etc.

world context. The suppression in contemporary

art world. Art therapy and outsider art have their

Now that I have found a sense of clarity in some

abuse and reveal how they arrived to where they are today.

having survived trauma and deep depression

I realized that looking at my own emotions, dreams,

Having survived trauma and deep depression

healing in my photography and installation practice.

Studying and eventually teaching the work of other

educators has been a way for me to connect

my authentic self. That it would lead me to internal

my authentic self. That it would lead me to internal

blossom over the years in an organic manner that

inspired her to start her own practice and

inspired her to start her own practice and

she has been finding a platform for this work

under-appreciated, etc.

An inner vision, a desire. Often, images inside

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concept eventually leads to a stage of creation,

idea of new beginnings, a theme important in the idea of new beginnings, a theme important in the

Bringing symbolism and aesthetic function back

Bringing symbolism and aesthetic function back

hearts, spines, and brains are recurring symbols

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in the snow and the faucet falls over it, as if to

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framing fragile photographic memories in them

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my mind begins to solidify before materials come

my mind begins to solidify before materials come

energy or feeling, which resonates with my flow of

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concept eventually leads to a stage of creation,

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The triptych “A Conscious Effort” shows three

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inspired by the [art]SPACE in Prague, 2012

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Healing in my photography and installation practice.

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