

## Installation Profile

# (Re)turn to Stillness: An Art Installation / Meditative Experience<sup>®</sup>

## Exhibit Overview

**(Re)turn to Stillness** is an outdoor/ indoor public art installation that brings together contemporary visual art with meditative practice.

This series of paintings invites viewers to consider the relationship between reflection and transformation. The images are scaled to fit a variety of peaceful environments, from quiet indoor spaces to outdoor meditation gardens.

The paintings in the installation use creative realism to express the evolving nature of emotional experience, touching on themes of love, loss, desire, and hope.

Emotional experience is at the heart of these works. The art bridges social boundaries and inspires connection across differences. This installation is designed to encourage individuals to cultivate new ways of *looking* by taking time for mindful reflection.

In today's challenging times, **(Re)turn to Stillness** is designed to create a calming space for public meditative encounters. Viewers gain unique opportunities for self-reflection, to consider different perspectives and to experience the renewing powers of art and nature.



**(Re)turn to Stillness** relates directly to the Toronto Public Art Strategy:  
*Utilizing public art to empower  
creativity and community everywhere in the City.*

## Artist Statement & Profile

**(Re)turn to Stillness: An Art Installation and Meditative Experience** has grown out of Carol Knowlton-Dority's practice of bringing meditation, visual art and expressive experiences to diverse audiences.



“Over the past 20 years, I have offered programs that focus on meditation and self-expression and facilitate participants' interaction with artwork to promote deeper compassion for the self and for others.”

“In developing (Re)turn to Stillness, I have built upon my practice of listening to participants, stakeholders and organizations.”

Carol has created and delivered art programs for the City of Toronto (Birkdale Residence, Cedar Ridge Creative Centre), Scarborough Arts, Toronto District School Board, Trillium Lakelands District School Board, University of Toronto (UTSC, Regis College), St. John the Divine Convent and Jaya Yoga Centre.

## Support for (Re)turn to Stillness

The concepts, design and intentions of **(Re)turn to Stillness** were encouraged and refined thanks to valued input from thought leaders in the spheres of arts, healing and motivation.

Presenting the initial concepts to this group of influencers was supported by Victoria Joly, Principal at the commercial real estate and development firm, Distinctive Real Estate Advisors Inc. Individuals contributing to the project include:

- Dr. Colin Pryor, Psychologist
- Judith Adam, Horticulturalist, Master Gardener and Author
- Karin Eaton, Past Executive Director, Mural Routes
- Eve Leyerle, Toronto School of Theology, University of Toronto
- Julian Brass, Millennial Motivational and Yoga Guru
- Derek Spooner, Executive Director, Scarborough Arts

Harbinger Communications has pledged \$10,000 in-kind support to build public awareness across a wide range of media and on-line channels.

Volunteers from Friends of Guild Park are partnering on a pilot concept to bring **(Re)turn to Stillness** to Toronto's popular Guild Park & Gardens, an 88-acre public space where art meets nature along the Scarborough Bluffs.

## Installation Opportunities

### (Re)turn to Stillness:

Can be brought to life as:

- A temporary/pop-up exhibit that adapts to different settings
- A virtual experience including artist's commentary /self-guided reflections
- A permanent installation
- Combinations of the above



### (Re)turn to Stillness:

Invites and incorporates diverse multi-faceted programming, including:

- Arts programming – from visual, to narrative and performing arts
- Therapeutic, educational, meditational programs
- Other special series tailored for various communities, ages and interests

### (Re)turn to Stillness:

Fosters emotional, mental, social healing and personal revitalization.

It can be installed to be COVID compliant in parks, public spaces and other accessible settings, wherever people are facing the challenges of isolation and physical distancing.



More information about **(Re)turn to Stillness** is now available on a three-minute video at: <https://www.youtube.com/watch?v=318LyN1nill>

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