

## ***Empowering Women & Girls through the Healing Arts***

Facilitated by Chris Larsen, Artist/ Art Therapist & Jean Tait, Artist/ Registered CDN Art Therapist

### **Two-Day Immersion on Sun, Mar 26 & Mon, Mar 27, 2023**

#### **MATERIALS AND SUPPLIES NEEDED**

- Bowl for water ceremony, along with an offering to be placed in your bowl of water at the end of each day. \*\* If we were we were out on the land, we would use a pinch of tobacco, a small piece of meat, fat or berries, however since we are working online you might offer a pinch of tobacco, a morsel of natural food, or even a sprinkle of your favourite tea
- Poster paper or Watercolour Paper (large enough to hold two or three self-portraits)
- Magazine pictures or other collage material (some facial features, such as lips, eyes, ears, etc.) or you might choose to draw or paint some of the facial features; i.e. use a variety of papers or fabric (could be strips or painted on top of a fabric section that has meaning for you), string, yarn, paint, buttons, etc.
- Embellishments - yarn, beads, cord, fabric, lace netting, etc.
- Glue
- Pencil, Markers, writing pen
- Paint (tempera or watercolour preferred), brushes, water for washing brushes, paper towel or rags for cleaning brushes
- Photocopy of photo of your own face (life-sized) or scan of a Matriarch whose face represents ReMatriation to you
- Circle or Square plate (or natural base of some sort) to be the base of eco-bricolage you will create on Day Two.
- Natural Materials to create your own eco-bricolage with items that are sacred to you (stones, shells, crystals, moss, feathers, cedar, other plants, bowl or small cup of water, etc.). Please be mindful to check with and take only plants/shrubs/trees that have offered themselves by letting go of leaves, branches, twigs or moss naturally. Consider the relationship between you and all of the natural relatives you are including in your own Eco-Bricolage. You may wish to include a base of sand or clean potting soil, or other base of your choosing.

#### **What does bricolage mean in art? “do-it-yourself”**

Bricolage is a French wording meaning roughly '**do-it-yourself**', and it is applied in an art context to artists who use a diverse range of non-traditional art materials.

This approach became popular in the early twentieth century when resources were scarce, and aspects of surrealism, dada and cubism have a bricolage character. But it was not until the early 1960s, with the formation of the Italian movement arte povera, that bricolage took on a political aspect and it was used by artists to bypass the commercialism of the art world. Arte povera artists constructed sculptures out of rubbish in an attempt to devalue the art object and assert the value of the ordinary and everyday.

[www.tate.org.uk/art/art-terms/b/bricolage#:~:text=Bricolage%20is%20a%20French%20wording,of%20non%2Dtraditional%20art%20materials](http://www.tate.org.uk/art/art-terms/b/bricolage#:~:text=Bricolage%20is%20a%20French%20wording,of%20non%2Dtraditional%20art%20materials)

***Eco-bricolage uses natural materials of any kind and combines them together as a work of art.***