



ART NEWS

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“Meditation Circuit” at Hamlin Park Blends Public Art, Walking, Mindfulness



IMAGES: David Francis

Shoreline, WA – With a \$5,000 grant from King County Cultural Agency 4Culture, Shoreline’s Public Art Program collaborated with a nationally recognized performance art group (City Meditation Crew) and guest artist Anne Beffel from Michigan Technical University, which also provided additional funding. Project partners also included Shoreline Walks Program, which hosted several workshops in August. The artwork remains on display for at least a year, consisting of a short path or circuit in east Hamlin Park accessible from both sides of the park, with immediate access from 25th Ave NE. The circuit brings visitors through five ‘meditation stations’ with posted instructions on seeing, listening, and breathing. Additional information,

including guided meditations corresponding to Hamlin Park, is available at <http://www.meditationcircuit.org/>. Banners, with colors originally sourced from iPhone photos of green foliage that Shoreline residents took last year, hang in the trees above the stations. In addition to fostering mindfulness as an important practice in today's world of screens, the installation also encourages visitors to imagine recreation (especially walking in urban forests) as a form of public art. An interview with City Meditation Crew Guest Artist Anne Beffel and David Francis, Shoreline Public Art Coordinator, is accessible on the city's public art page, <http://shorelinewa.gov/art>.



IMAGES: Courtesy of City Meditation Crew / Ernie Beffel



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