

Mark Cameron Minard **Moving Image and Nature Artist**

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Inspired Contemplative Nature Imagery for Holistic Health Care & Personal Well Being

- I specialise in creating soulful unique installations
- With moving & still nature imagery in 'High Definition' (HD)
- Bringing natural inspiration and calming
- Focusing on our innate soulful relationship with Nature
- Creating a deeper sense of well being and connection.

I have excellent feedback from users of my work.

They have described my work as moving, inspiring, sensual, thought provoking, magical, meditative, calming, delightful, fresh, rejuvenating, extraordinary and stunning. To share my experience of nature and dance in this art form feels like my soul's purpose.

Recent Nature Work Summary

My Nature works are being used in variety of health care and educational situations

including

- **Chinese hospital research study**
- **Individual Child birth support**
- **Care homes**
- **Countess of Chester Hospital are interested in my films for help with their breast screening areas**
- **By doctors, nurses, counsellors and the general public.**
- **Training sessions for health care staff in stress management and personal well being by John Fleet retired Surgeon**
- **Schools for calming and focusing children in the classroom**
- **Palliative treatments**
- **Hospice care**
- **Mental health units for general sessions and for interventions**

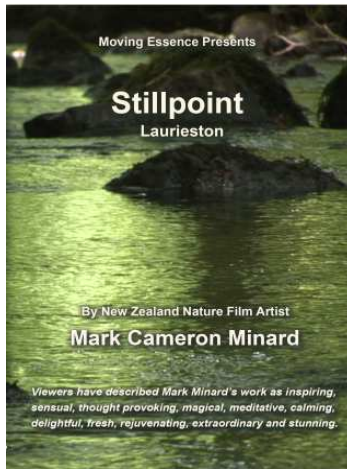
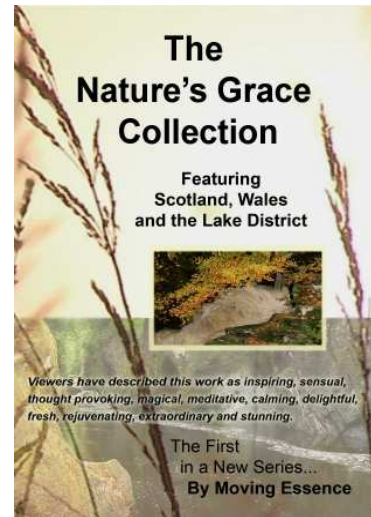


In Jan 2009 my contemplative Nature environmental films were being regularly used in London school for calming, focusing and educating students. Four Manchester schools have just started the process of doing the same for there student's wellbeing and learning to relate to the natural environment. The aim is to promote not only student and staff wellbeing but the wellbeing of the natural environment by supporting our relationship to it by increasing heartfelt awareness and appreciation.

In 2007 I completed a collection of 16 contemplative nature art films on DVD called "*The Nature's Grace Collection*" which is being used in health areas above and general home and family use as it appeals to young and old.

In June 08 I released my new Nature DVD "*Stillpoint Laurieston*" a site specific nature work filmed in Scotland, The main difference to existing work is the ambient nature sound track and longer clips of each nature scene.

It has been very well received at the Laurieston community review.



"*Stillpoint NZ*" of New Zealand nature (in HD) is an initial sample of more to come

"*Stillpoint*" explores creating art that evokes the "*Stillpoint*", where the mind approaches stillness. *What we experience if witnessing from this place?*

What is the effect on my / our health and well being?

"*Stillpoint*" is a multi faceted project involving Nature, moving image, movement, music, projection, installation and performance.

Nature and Dance - Recent Collaborative Works

"*Mask*" - A New Nature Based Multimedia Performance featuring Buddhist composer / Indian violinist Olivia Moore and her band Unfurl. It is about lowering our masks and finding a deeper connection with self through nature and becoming still. It will first show at the Contact theatre as part of the Manchester Jazz Festival in July 09. Edinburgh Jazz Festival in August 09.



Two Dance in Nature Films selected by “Moves 09 “Film Festival

Both “Reflect “and “Cracks Threshold” were chosen for “Moves 09”

“**Cracks Threshold**” is a dance film about 8 month pregnant dancer Tracy West and is set both inside and in nature. Director/Producer Annabel Newfield chose me to film this work due to my ability to film nature and dance with the improvisational style necessary to capture the essence of Tracy West’s amazing expressive performance. The choreographer was Katy Dymoke. Funded by Arts Council England

“**Reflect**” is a collaboration with dancers Katy Dymoke, UK and Ray Chung, USA, and the musician Olivia Moore and her band Unfurl with poetic text by Katy Dymoke



Other films recently completed



“**Sweet Divine Awakenings**” Dance in Nature work with Katy Dymoke, UK and Ray Chung, USA and the wonderful music of gifted singer Denise Hagan, Northern Ireland.

Nature film “**The Invitation**” set to the music of singer Denise Hagan filmed in the mountains of North Wales.

“**Within Without**” - an artistic dance /documentary with blending of nature imagery from Scarborough with multi projected filming. A film made for Dance Lecturer/ Choreographer Duncan Holt and Dance Students of the University of Hull, Scarborough. A catalyst for presenting research on the importance of holistic approach to what performance students learn inside and outside their course outcomes. Funded by University of Hull



Working with community to promote healthy living.

I worked with the Chorlton Good Neighbours community group caring for older people defining and making a film with them about their amazing community support service started 40 years ago.

High Professional Standard and Technical Quality

Please see my “Artistic Overview”, and Nature samples on my web site www.movingessence.net which include

- “Creative consultation with commissioners, owners and end users”
- “Main Aims & Benefits of My Nature Artwork”
- “Image Content Style and Programme Options”
- “Installation and Displays”



From this information you will see **my awareness of the detail needed** to create and complete a successful commission in a professional manner
My samples and DVD’s are to professional artistic quality and standard.

Professional Background

I am also a **professional design engineer / scientist** with 10 years experience internationally with practical field experience in



- **Design**
- **Project Management**
- **Commissioning and Installation**
- **Working in project teams**

I am very experienced in meeting budgets, time scales and working as part of a team.

My recent community projects and commissions have been no exception. My professional experience brings a unique valuable attention to detail at all levels, creating high technical and professional quality results.

Experienced in High Definition Quality and Design Requirements

I have been working in High Definition (HD) video quality since May 2005. HD is a high resolution video for clear high quality images to match the needs of large wide screen displays and projections used for waiting areas and homes.

Permissions and liabilities

I am a member of the Artists Network (AN) having £5 Million cover for public liability as well as BECTU public liability cover. I am CRB checked for my work.

