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YERBA BUENA
CENTER FOR
THE ARTS

YBCA.org

Free Art Workshop: Healing Garden Tunnel Book

By Teaching Artist: Hitoshi Shigeta, Teaching Assistant: Kerra Hendrickson

Program Support: Rea Lynn de Guzman, Senior Manager of Educational Programs

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Left: Elizabeth Lozano, *Violet*, 2024. Acrylic on canvas board. Center & Right: Tunnel book by Hitoshi Shigeta

DESCRIPTION

Learn how to make a tunnel book, inspired by Elizabeth Lozano's painting *Violet* from the exhibit *The Only Door I Can Open: Women Exposing Prison through Art*. Curated from within prison, the show explores truths about women and incarceration.

MATERIALS

5.5" x 14" bristol paper, hole punchers, pencils, colored pencils, markers, pastels, micron pens, scrap paper, construction paper, collage paper, masking tape, glue sticks, scissors

ABOUT THE WORK

ELIZABETH LOZANO, b. 1975

Central California Women's Facility at Chowchilla

"Though I have been surrounded by dull brick and concrete for the past 30 years, I have always managed to elevate through dreams to places full of lush vegetation and flowers. When I have these dreams I don't want to wake. These are the times I am grateful for my bed, a moment of freedom and saving grace. This canvas includes plants from my prison Zen Healing Garden calling attention to the beauty in nature and the lack of it in prisons."



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Curated from within prison, *The Only Door I Can Open: Women Exposing Prison through Art* explores truths about women and incarceration. For this immersive multimedia exhibition, co-curators Tomieka Johnson and Chantell-Jeannette Black asked eight currently and formerly incarcerated artists to reflect on their relationship to their bed. For some it's a place of safety and privacy, for others isolation and angst. Spanning murals, paintings, audio narratives, and an immersive prison room installation, the artworks and stories are varied—no two alike.

QUESTIONS TO CONSIDER

- Imagine creating your own healing garden. What do you see? Trees? Flowers? A bench? A gazebo? A pond? A fountain? Birds? Animals? Butterflies?
- What appears in the front (foreground) of your garden? Is it you sitting on a bench?
- What do you see in the distance (background)? A forest? A mountain? The ocean?

STEPS

1. Fold the long rectangular paper in half, and fold it again to make an accordion book.
2. Use a hole puncher to make a hole on the first page, away from the edges.
3. Place one of the scissors' blades into the hole and cut out a circular or rectangular opening. The first page should have the biggest opening.
4. Repeat the same process to create an opening on the second page, which should be a smaller opening than the first one.
5. Repeat the same process to create an opening on the third page, which should be even smaller than the second one. Leave the last page without an opening.
6. Sketch your garden image on the first, second and third page. The last page will be the background – for example: a mountain and the sky, a lake, a dense forest, or a wall.
7. Finalize the drawings on all 4 pages using micron pens.
8. Cut out a small piece of scrap paper to draw tree trunks, flowers, grass, animals or people.
9. Glue those pieces on the frame of the openings so that, for example, an animal or flowers would stick out into the middle of the opening.
10. Color your drawings using colored pencils and markers.

REFLECTION

Consider the following questions in completion of your accordion book:

- What main colors did you choose? Did you feel a sense of calm or healing from these colors?
- If this were a real garden, what part of the garden would you like to be?