



This Way: Corin Hewitt

MIT List Visual Arts Center

Shadow Walks

Indoor

Set aside one hour for this exercise

Choose a room in your home where you feel there is a quality of light that interests you

Get your phone with a camera or another camera

While looking through the viewfinder start exploring the room

Using your viewfinder search the room for shadows that you find evocative

When you find one, take a photo and return to the search

After 20 minutes stop taking images

Upload your images and choose five that you like

Copy and paste those images onto the MIT Walks shadow archive

Under each image write three sentences about the image

Outdoor

Wait for a relatively mild
to warm bright day

Set aside an hour for this
exercise

Find a setting with a combination
of open and shaded spaces

With as much exposed skin
as you feel comfortable with begin walking

Find a shadow that you can
enter with your body

Place yourself on the edge
of a shadow and close your eyes

Over a period of at least
two minutes, without fully entering or exiting the shadow, slowly move into and out of the
shadowed space

As you move, become aware
of the changing sensation of temperature, energy, and light moving across your body

Repeat in five different
locations within the setting you are located