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Artist Lindsey Francis Finding Peace at YOHO



YOHO Artist Lindsey Francis in her studio.

Lindsey Francis of YOHO Studio 425, 578 Nepperhan Ave., has always been drawn to the art world and creating art, but it wasn't until she attended Penn State that she fell in love with clay and creating ceramic pottery. The hands-on and physical nature of the art form allowed Francis to express herself in a way that was restorative and self-healing.

"There was no going back at that point," she said. "I know it was something I'd be doing and learning about for the rest of my life."

While Francis considers everyone her audience, her work speaks especially to those struggling with chronic or mental illness. Her dreamlike, stream of consciousness paintings and therapeutic work with clay and ceramics have helped her work through her own difficult times, and she said she hopes to empower others with the knowledge that they are not alone in their suffering.

In sharing her most vulnerable moments through art, a piece of her work will at times push the boundaries of the viewer's comfort zone, but at the same time always encourages a conversation.

"I consider these conversations to be part of

work," said Francis. "We live in a world of judgments, and with chronic illness and mental health there is always more than what is seen at first glance."

Francis has been in studio number 425 at 578 Nepperhan Ave. since November 2015, where she spends as much time as possible. "I just try to do right by myself both mentally and physically while I'm there," she said. "Because of that my work is growing faster than ever."

The feedback from the public at YOHO's 13th annual Open Studios was positive. One woman likened the experience of viewing Francis' work to that of artist Frida Kahlo, which was an amazing compliment to the young artist, being that Kahlo is a major influence of Francis'.

Lindsey Francis is currently displaying her work at Urban Studio Unbound at 66 Main St., Yonkers, and also on her Instagram page @more.than.muddy. More information about Francis and her work can also be found at www.lindseyfrancisceramics.com.

To learn more about YOHO Artist Studios, the largest artist community in southern Westchester, visit www.YOHOartists.com.