

ARTIST BIO

Shā'nay Paris is a fiber artist, educator, and founder of Boho & Knots™ which is an innovative wholistic wellness practice that integrates sensory storytelling, elements of nature, and STEM to make pathways to improved wellbeing more accessible.

Through the art of macramé, land-based workshops, and tactile experiential learning experiences, she creates gentle, culturally responsive spaces where people can slow down, immerse themselves in somatic and textured experiences, and improve their mind-body-connection.

Her work blends art, accessibility, and community care as relatable offerings for restorative and affirming experiences that honour layers of identity, creative expansion, and collective well-being.

In her practice, Shā'-nay ensures her work and approaches are responsive, flexible, and culturally competent to ensure her hands-on workshops, custom designs, and collections welcome people across a wide spectrum of learning styles, cultural identities, and sensory experiences.

Guided by culturally responsive practice and human-centred design, she creates spaces where every person can engage in the way that feels most natural and organic to them — through touch, rhythm, stillness, curiosity, or quiet presence. Her work invites people to feel held, seen, and supported as they explore creativity in their own way.

