

# Course: Meditative Art for Mindful Living

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Registered Teacher [www.helenkeaneyoga.com](http://www.helenkeaneyoga.com) (Yogic, Classical Art and Meditative Art training and experience)

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## Course Description:

This is a ten week course which will help you explore your creativity through mindfulness and meditative drawing. You'll discover that drawing isn't just about making marks on a page; but can lead you into a deeper connection with yourself, and the world around you. Using simple meditation and a meditative art practice, you'll learn how to move through creative blocks caused by over-thinking or self-criticism, and discover how an attitude of self-compassion, openness and awareness turns drawing into happiness, an act of connecting deeply with your experience.

This is a meditative practice for anybody whether or not you have art experience. The meditative art we will be creating is Mandala Art - a calming mindful practice. The more you practice this meditative art, the more you will be able to cultivate a state of mindfulness at will.

Here is a sample of what you will learn:

- Introduction to mindful drawing, which starts with a short sitting meditation
- Mindful drawing exercises to explore our experience of the body and the breath
- Mindful doodling
- Introducing the mindful pause: Creating a new relationship to our inner-critic through mindfulness
- Drawing things: Learning the art of mindful seeing
- Elements of art such as line or mark making, shape etc
- Principles of design e.g: unity/harmony, balance, scale proportion, similarity and contrast
- Colour theory
- develop your practice
- cultivate your own unique style

For examples of this art check out my website:

<http://helenkeaneyoga.com/pages/meditation.htm>

What you'll need for this course:

An A4 sketch pad and 1 felt tip pen - 0.5 . You can buy these materials in Easons or Reads on Nassau St...or any good hobby or art store.

I will advise you on additional drawing material ... which will not cost much.

## Student Testimonial

"The course opened up a whole new world for me. It gave me the courage to pick up a pen again and just let things flow - without judgement - a real learning point. My colleagues have noticed how relaxed I have become under pressure!"

Thérèse Dunne