



Mindfulness Art Course

Painting & Mixed Media

28 September, 5 October, 12 October



*"Your vision will become clear only when you look into your heart.
Who looks outside, dreams. Who looks inside, awakens."*

- Carl Jung

Course Overview

Art and **mindfulness** are intrinsically and beautifully **connected**. When we combine the warm awareness that mindfulness brings with the process of creating, we are able to achieve **inner calm** and **focus** that we can draw upon daily.

In this **3 Week Mindfulness Art Course** we will explore, through **creative expression**, exciting ways to be more mindful. The course will include exciting insights into the benefits of mindfulness and help you establish your own mindfulness journey.

During the course we will move between **quiet mindful moments** and **playful encounters** with acrylic paint and mixed media. The course will equip you with the basic **practical skills** required to easily access creative **flow**. These practical lessons will include: basic drawing, colour mixing and the colour wheel, basic intuitive painting techniques and how to incorporate mixed media into your artwork. You will have completed your very own painting by the end of the course.

The course will take place at the Nicky Thomson Art Studio in Beaulieu, Kyalami. An authentic setting tucked away in a lush garden with abundant bird life and gorgeous sounds of the trickling stream near by.

A **nutritious and delicious plant-based lunch** will be served at all three classes.

No matter where you are in your creative journey this course welcomes absolutely **everyone!**



NICKY

THOMSON

ART.

Course Details



Week One

Introduction to mindfulness and basic techniques for creative flow.

28 September, Thursday. 9:00 - 13:00

Week Two

Exploration of your visual voice through intuitive painting and mixed media.

5 October, Thursday. 9:00 - 13:00

Week Three

Art is self-discovery.

12 October, Thursday. 9:00 - 13:00



"You have a treasure within you that is infinitely greater than anything the world can offer."

- Eckhart Tolle



Course Price:

R1,500

(includes lunch, snacks, fresh juice and tea)

Cost of Materials:

R600 (you may bring your own instead)

Materials Include:

- Visual Diary A4 x 1
- Canvases x 2
- Paints x 5 50ml tubes
- Paint Brushes x 4 (varied)
- Charcoal & Mixed Media Various

What to Bring:

An apron, basic stationary & mixed media items (a list will be sent through to you)

RESERVE YOUR SPOT BY 11 SEPTEMBER

BOOKINGS

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