



## Course details

### Course title

Art Practical: Creative Art for Mindfulness

### Course code

Q00013102

### Course date

Start: 05/06/25

End: 10/07/25

### Number of classes

6 sessions

### Timetable

Thu 5th Jun, 13:30 to 15:30

Thu 12th Jun, 13:30 to 15:30

Thu 19th Jun, 13:30 to 15:30

Thu 26th Jun, 13:30 to 15:30

Thu 3rd Jul, 13:30 to 15:30

Thu 10th Jul, 13:30 to 15:30

### Tutor

Rachel Holland-Hargreaves

### Fee range

Free to £44.40

### How you'll learn

You'll join a small group of fellow learners for classes online in video meetings and materials will be provided in our virtual learning environment.

Got it!

Online

## **Venue**

Online

## **Level of study**

Intermediate

## **Course overview**

Join us to unleash your creativity and develop your creative skills. This day workshop will give you the opportunity to explore creative themes and ideas to inspire inventive response using a range of mediums to suit the project and your preference . Join us to immerse yourself in a day of creativity and be inspired. Learners will be encouraged to develop and share ideas within the session. Whatever your creative level or direction this workshop is designed to inspire and guide you to develop your creative confidence. Discover how the enjoyment of creative art can be creatively enjoyable and beneficial for well-being.

## **Course description**

'Express Yourself with Creative Art for Mindfulness' is an alternative to a formal painting and drawing course and is designed to give you the creative freedom to respond in a variety of artistic ways to suit your method of working rather than expecting a specific result. Be inspired to share creative ideas within a group environment in this day workshop in which you will go on to produce practical work responding to the theme provided. This creative workshop environment will give you the opportunity to utilise time and space to be creative and enable you to immerse yourself into your project. The project for the day will encourage the development of artistic approaches to suit individual choices of mediums and interpretation. Bring your enthusiasm to discover and enjoy the endless creative possibilities which you can explore. This course is aimed at people with a desire to be creative and experiment with materials/mediums. This is a face to face course which will be taking place in a venue in central Lincoln. Whilst some materials may be provided it will be useful for you to bring anything you particularly want to work with. Following the workshop session you will upload photos of the work you have produced to Canvas.

## **What financial support is available?**

We don't want anything to stand in your way when it comes to bringing Adult learning within reach so if you need anything to support you to achieve your goals then speak to one of our education experts during your enrolment journey. Most of our courses are government funded but if you don't qualify or need alternative financial help to access them then let us know.

## **What other support is available?**

All of our digital content, teaching and learning activities and assessments are designed to be accessible so if you need any additional support you can discuss this with the education experts during your enrolment

journey and we will do all we can to make sure you have optimal access.

**Source URL:** <https://www.wea.org.uk/courses/arts-crafts/arts/5-june-art-practical-creative-art-mindfulness>