



## Course details

### Course title

Art Practical: Drawing with Mindfulness Techniques

### Course code

Q00020713

### Course date

Start: 17/02/25

End: 24/03/25

### Number of classes

6 sessions

### Timetable

Mon 17th Feb, 14:00 to 16:00

Mon 24th Feb, 14:00 to 16:00

Mon 3rd Mar, 14:00 to 16:00

Mon 10th Mar, 14:00 to 16:00

Mon 17th Mar, 14:00 to 16:00

Mon 24th Mar, 14:00 to 16:00

### Tutor

Debra Collis

### 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**

Beginners

## **Course overview**

Mindfulness means the awareness that arises from paying attention in a particular way; on purpose, in the present moment, and non-judgmentally.” Jon Kabat-Zinn 1990 Surely drawing is a perfect way to stay present in the moment...or is it? Not if the inner critic has anything to do with it. This course will help you challenge your inner critical voice and help you gain confidence in your drawings. You will be encouraged through weekly exercises that build on your skills and willingness to let go of any sense of accuracy or perfection. Instead the practical drawing approaches will instil a sense of liberty in yourself and emphasis on trusting your instincts. Drawing materials list will be available before course starts on Canvas. This course will be run online with an intimate and friendly sharing group.

## **Course description**

Through weekly exercises that help you stay in the moment and to challenge the inner critical voice this course will help those who have been put off from drawing due to feelings that they 'can't draw'. Using line techniques and focus exercises we will explore drawing a range of both abstract and figurative themes. Suggested materials include graphite, colour pencils, and then later moving into working in pen and wash.

## **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/17-february-art-practical-drawing-mindfulness-techniques>