

Craft Live: Drawing and Mindfulness

Dates	Friday 16 April 2021
Times	8.30 to 10.00
Location	Zoom
Level	All welcome
Class size	Maximum 18 participants

Course description

We bring together drawing exercises and mindful meditation to guide you through an experience of close attention and deep engagement with art. Immerse yourself in one artwork for an hour and take the time to look and draw.

When we are drawing with mindfulness, we become aware of the direct sensory experience of our materials, paper and sensations of looking. Coming into our moment-by-moment experience like this can have a positive effect on our sense of wellbeing, and allow us to start the day feeling more focused and open to creativity.

One of our Persian manuscripts, a Khamsah of Nizami, will be the focus for the session. We'll begin with a short meditation practice to settle the mind and awake the senses, then we'll explore one painting from the manuscript, through observational drawing and abstract drawn responses. The session ends with an opportunity to reflect on your experience of sustained, careful looking, before closing with a mindful pause.

This is one of three *Drawing and Mindfulness* courses over three Friday's in April. Book for one or as many as you like.

This course takes place on Zoom and we will email you a joining link the day before. There will be an opportunity to reflect on your experience with your fellow participants and share your responses with the tutor.

Live captions will be provided by Stagertext.

Materials required

- 3-5 sheets of white or cream paper in loose sheets or a sketchbook, sized A4 or larger
- At least two pencils, preferably a selection to include HB and a softer grade such as 4B.
- Eraser
- Sharpener
- At least two small circular objects to draw around, for example a coin, lid or drinking glass.

Your set-up

To make yourself comfortable for short periods of stillness, arrange a seat in front of your screen so you can sit in an upright yet relaxed posture. The tutor will discuss alternative positions if this isn't comfortable for you. You'll get the most out of the experience if you're able to use a larger screen (computer or tablet) rather than a phone. You'll need to find a quiet space to enjoy the course, without interruptions.

Post-course recorded practice

Following the course, you'll be given access to a short audio download, offering you another opportunity for mindful engagement with a British Library artwork, through a simple drawing task to practise in your own time.

Tutor

Karly Allen is drawing tutor, mindfulness teacher and lecturer in art history. She studied drawing at the Ruskin School of Art (University of Oxford) before receiving a Masters in History of Art from SOAS (University of London). Karly has lectured widely for British collections and cultural organisations over the past 20 years, including the National Gallery, Courtauld Gallery, V&A, National Portrait Gallery, the Art Fund and the Royal Collection, where she was formerly Education Manager. In recent years, Karly has integrated mindfulness approaches into her teaching, and deepened her practice by training as a meditation teacher in the Zen tradition. She is inspired by the potential for mindfulness practices to enrich the viewing of art, and since 2018 she has developed this work as co-founder of [Limina Collective](#).

Previous Skills, Knowledge or Experience

No previous experience of drawing or mindfulness is required. Beginners and improvers, all welcome.

Accessibility

Live captions will be provided by Stagertext.

**THIS COURSE TAKES PLACE ON ZOOM.
PLEASE DO NOT COME TO THE BRITISH LIBRARY.**