

Craft Live: Drawing and Mindfulness (1)

Dates	Friday 6 August 2021
Times	8.30 – 10.00
Location	Zoom
Level	All welcome
Class size	Maximum 35 participants

Course description

Start your day with a mindful experience of one artwork in our collection. Bringing together drawing exercises and mindful meditation, our course encourages a close relationship with art while opening up a greater space for creativity.

The practice of mindful drawing invites us to be fully present with the sensations of looking and making marks on paper. Coming into the present moment like this can help us to feel more focused and grounded, and have a positive effect on our sense of wellbeing.

Our session begins with a short meditation practice to settle the mind and awake the senses, then we'll explore a 16th century Japanese manuscript of the *Tales of Ise*, 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 events which can be booked across three Fridays in August.

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

Please ensure you have 3-5 sheets of white or cream paper in loose sheets or a sketchbook, sized A4 or larger. Have at least two pencils, preferably to include HB and a softer grade such as 4B or 6B. You'll need a sharpener and eraser. If you'd like to work with colour, have some colour pencils (or similar) available, though these aren't essential to enjoy the course.

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, and find a quiet space 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.**