

## Drawing and Mindfulness Masterclass: Sculpture and Space

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<b>Dates</b>	Saturday 18 June and Sunday 19 June 2022
<b>Times</b>	10.30 – 17.00
<b>Location</b>	Harry M Weinrebe Learning Centre
<b>Level</b>	All levels
<b>Class size</b>	Maximum 16 participants

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### Course description

Through close-looking, drawing and contemplation, this two-day course invites you to take time for yourself and engage deeply with sculpture. From Barbara Hepworth to Antony Gormley, our collection is displayed across the architectural spaces of the Library and piazza.

Led by lecturer and artist, Karly Allen, and mindfulness teacher, Lucia van de Drift, the course brings mindfulness approaches to the experience of being present with sculpture, both indoors and outdoors. Encounters with sculptures can be a wonderful opportunity for mindful exploration. Through an enhanced focus on body and space, we become more aware of our personal responses to it. We can go beyond any initial likes or dislikes in order to discover something more about self and other, materiality and creativity.

While paying attention to the senses, you'll be encouraged to experiment with drawing materials as a meditative practice, including observational drawing and abstract mark-making. We'll explore drawing as a tool to bring us into mindfulness: when we're drawing, we come into the present moment, aware of the touch of the pencil on paper and our shifting sensations of sight.

By the end of the weekend, you'll have made a number of drawings in response to the sculptures and spaces we've encountered, practised mindfulness meditation (both sitting and walking) and explored mindful practices for viewing and making art in the future.

Please email [adultlearning@bl.uk](mailto:adultlearning@bl.uk) to discuss your access requirements.

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### Saturday

We'll start our first morning with a short introduction to mindful looking and how these practices can enhance engagement with art. Before visiting our first sculpture, we'll prepare and nourish ourselves with a guided meditation. Taking a mindful walk through the Library building, we'll alight at selected

artworks where you'll be led in a guided looking exercise and invited to make drawings in response to your looking.

Throughout the weekend, we'll spend time connecting with sculptural forms and their relationship with the materials of the Library building: woods, brickwork and limestone. Taking our experience and drawings back to the studio, we'll work with a range of drawing tools to foster a personal response to the artworks.

Taking short mindful pauses to help us stay present, we will consider how to work with unhelpful or self-critical thoughts when we are making drawings, and allow ourselves to come more easily into a space of acceptance, creativity and flow. By the end of the first day, you'll have explored the relationship between mindfulness and drawing, helping to focus the attention and deepen the experience of looking.

## Sunday

On Day Two we will start with a guided meditation to awake the senses. We'll take another mindful sculpture walk, bringing our attention to the patterns, colours and embedded fossils in the architecture of the Library. We'll make drawings in response to selected artworks and practise mindful listening as part of our sensory experience of looking at public sculpture. Weather permitting, we will spend time in the amphitheatre area of the Library's Piazza, sitting and drawing in the circle of Anthony Gormley's 'Planets'.

To bring the day to a close, we'll gather together to make a final collaborative drawing and reflect on the weekend. You'll leave with a collection of drawings to serve as reminders and prompts for taking mindfulness into future encounters with sculpture in the city and beyond.

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## Tutors

This course is delivered by **Karly Allen and Lucia van der Drift**, who are co-directors of [Limina Collective](#), specialists in bringing mindfulness approaches to looking at art.

**Karly Allen** is a lecturer in art history and practitioner of drawing and mindful looking. She studied drawing at the Ruskin School of Art (University of Oxford), followed by a Masters in History of Art from SOAS (University of London). Karly has over twenty years' experience of leading workshops and creative courses for art collections including the British Museum, V&A, National Portrait Gallery and Courtauld Gallery. She worked for the National Gallery for 18 years and was formerly Education Manager for the Royal Collection. She has trained in mindfulness meditation in the Zen tradition and is passionate about the interplay of mindfulness, drawing and art observation.

**Lucia van der Drift** is a teacher and writer in meditation, mindfulness and Buddhism. She holds an MA in English Literature from Leiden University. She regularly leads retreats in the UK as well as internationally. Lucia has been practising mindfulness for over 25 years, and has been teaching mindfulness and meditation in different settings for over 15 years. Lucia has a special interest in bringing mindfulness to the spaces that surround us and in learning about our own minds in relation to engaging with art objects. She has led art and mindfulness workshops for among others The British Museum, The Wallace Collection, Pallant House Gallery and The Royal Collection.

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**Equipment and materials**

All materials will be provided. You may like to bring a small notebook or sketchbook, if you use one, to note down your observations as the weekend unfolds. Please come prepared for inclement weather as we hope to spend time outside in the Library's piazza.

**Previous skills, knowledge or experience**

No previous experience of meditation or drawing is required. The course is designed to support anyone who wants to develop a richness of attention and a deeper connection with artworks. A willingness to experiment and participate in group and individual activities will help you get the most from this course.

**Facilities and refreshments**

Please note that the Learning Centre will open to participants 15 minutes before the stated course start time. Tea and coffee will be served at the beginning of each day. Participants will need to make their own arrangements for lunch.

On Sunday please meet at Gate 5 at 10.15 to be escorted in the Library. Further instructions about Sunday entry will be provided on Saturday.

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