

## Craft Live: Drawing and Mindfulness

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<b>Dates</b>	Friday 23 April 2021
<b>Times</b>	8.30 to 10.00
<b>Location</b>	Zoom
<b>Level</b>	All welcome
<b>Class size</b>	Maximum 35 participants

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### Course description

Take time to connect with one artwork from our collection, The Carrara Herbal manuscript (1390-1404), and be guided through drawing exercises and mindful meditation to develop close attention.

Drawing with mindfulness invites us to be more fully aware of the moment-by-moment sensations of looking at art and to tune into the movement of pencil on paper. Developing our present moment awareness like this can bring about a deeper aesthetic experience 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 14th-century illustrated Herbal from our collection, 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.

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### 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 or 6B.
- Eraser
- Sharpener
- We'll be working with water: please have a brush of any sort, kitchen towel or rag, and some ink or watercolour (black, or any colour).

### 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.

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### **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](#).

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### **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.

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