



SLOW DRAWING AND MINDFUL ART

Discover the art of slow drawing and let your creativity flow with our mindful art course. By focusing on the drawing process and the sensations that arise, rather than the end result, you'll be able to relax and let go of the need to perform. Our easy, repetitive patterns and slow, gentle rhythms will help you slow down your thoughts and calm your emotions, allowing you to achieve deep relaxation.

Beata Sievi is experienced instructor and will guide you through the different techniques, using tools such as fineliners, brushpens, watercolor brushes, and even feathers to create beautiful art. Drawing with a feather pen adds an extra level of focus and helps coordinate your breathing with your drawing, leading to a more meditative experience.

Throughout the course, we'll find inspiration in nature and explore the regularity and variety of patterns that occur. You'll learn how to capture these patterns with simple strokes and a relaxed manner, resulting in surprising and pleasing results.

Join us for five sessions of 1.5 hours each, at a flexible time and date that suits you, including Sunday evenings. The special rate for all five sessions and the materials is CHF 690. If you prefer to book only one session, the price is CHF 140. The material fee is CHF 90, which includes your personal Mindfullart Set containing papers, a small aquarelle set, and three fineliners to keep.

The course will take place in the cozy Beata Sievi's Library in Winterthur. Don't miss this opportunity to unwind and unleash your creativity with our mindful art course.

Registration: atelier@beatasievi.ch

