

Art and Mindfulness

Tutor: Vicky Sargent

Length of course: 5 weeks

Is this the right course for me?

This online learning course is for anyone with an interest in learning more about mindfulness and its origins and how meditative art practice can be used to enhance your wellbeing.

You don't need to have practiced mindfulness or meditation before or even be a 'good at art'; you just need to come with an open mind and a willingness to try some different approaches to art practice.

What will I learn?

You will learn about mindfulness, meditation and how engaging in art activities can enhance wellbeing.

How will I learn?

There will be weekly online meetings and demonstrations of techniques which you will then try yourself.

Will I gain a qualification?

You will not gain a formal qualification; however, you may request a Certificate of Achievement from your tutor.

What can I do next?

Why not try another art class in the brochure to expand your skills.

What do I need to bring to the class?

You will need a device with internet access, this could be a PC, Mac, Laptop, smart/iPhone, tablet/iPad. You will be given access to our Google Classroom environment where you may access the courses resources such as handouts, images, recordings of videos and/or audio etc.

We will send you joining instructions after you enrol.

You will need a basic art kit including an A3 (or similar) sketch pad, drawing compass, ruler, pencil, coloured pencils, felt pens and fine liners if you have them. Watercolour set and/ or acrylic paints. Advice can be given once the course starts if you are not sure what to purchase.

Important: If you need help with your online learning experience for a learning difficulty and/or disability (for example a hearing or sight impairment) please let CLMK and/or your tutor know as we may be able to offer you extra support or provide different learning materials. This class involves periods of meditation with eyes closed so it is particularly important that your tutor is aware if you have a hearing impairment.

Can I talk to someone about my course before I start it?

It is usually possible to put you directly in touch with the tutor if a member of the CLMK staff cannot answer your query.