

## **Drawing and Meditation**

This class will move us from Winter into Spring, through the month of March. It is open to anyone, beginner to expert in either drawing or meditation. We show up in our Beginner's Mind. Simple breathing and meditation methods will be combined with drawing in creative ways to open pathways between our layers of consciousness. There will be no critique of the work, though participants will have the choice to share what they have drawn. The intention is to restore and revitalize.

*Instructor Tracy Penfield* has a history with AVA going back to 1985. She exhibited her fiber art, taught and modeled at AVA until founding *SafeArt* in 2000, based in Chelsea VT, where she resides. She passed *SafeArt* on to the next generation in 2020 and has a private practice in trauma healing at the Center for Integrative Health in Hanover and in Chelsea. She is also a dancer and the Artistic Director of the Passing Project: [www.passingproject.org](http://www.passingproject.org).

## **Materials List**

Sketch or newsprint pad, at least 11" x 14"

A pad of nicer all-media paper, at least 11"x 14"

Pencils, 2B and 4B

Charcoal (any shape, size, form)

Eraser/s (I like the white vinyl, but pink is fine)

As we progress, we may experiment with watercolor, oil pastel and chalk pastel, depending on participants' preferences