

Connected Drawing

A mindfulness approach

with Dr Maria Hayes

20 - 24 May, 2018 AT TRIGONOS, PLAS BALADEULYN, NANTLLE, CAERNARFON, GWYNEDD LL54 6BW

OBSERVATIONAL DRAWING made in 'a condition of connected looking' alters how we perceive the world. It brings the artist into the present, moment by moment, and quietens judgmental attitudes to creativity.

The approach is one of mindfulness drawing.

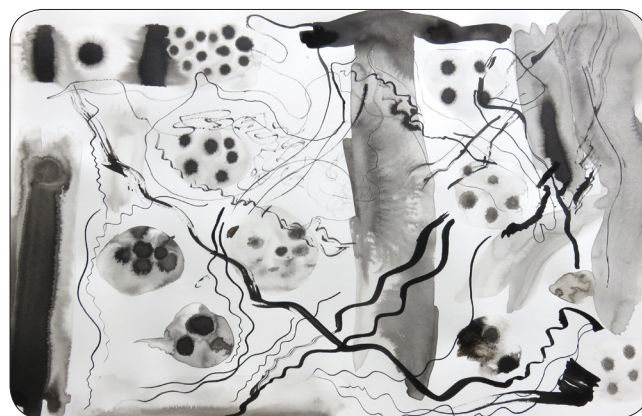
On this course you will be led through a series of exercises designed to retrain your eye and hand to work together in a new, connected way.

We will be working in the studio at Trigonos (www.trigonos.org) Places are limited. **To book call 01286 882 388 or email info@trigonos.org**

Cost: For 4 nights full board, arriving 4pm Sunday and leaving 2pm on Thursday

Studio Hours: Sun 7–8.30, Mon –Wed 10–4, Thurs 10–1

Some optional evening activities.



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| Ensuite: | <i>Single</i> | £535 | <i>Twin</i> | £490 |
| Non-ensuite: | <i>Single</i> | £480 | <i>Twin</i> | £440 |
| <i>Twin prices are per person</i> | | | | |
| Non residents: | | | | |
| <i>lunch only</i> | | £265 | | |
| <i>lunch and dinner</i> | | £320 | | |

