

# Connected Drawing

*A mindfulness approach*

*with Dr Maria Hayes*

**11 - 15 August, 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](http://www.trigonos.org)) Places are limited. **To book call 01286 882 388 or email [info@trigonos.org](mailto:info@trigonos.org)**

**Cost:** For 4 nights full board, arriving 4pm Sat and leaving 2pm on Wed

**Studio Hours:** Sat 7–8.30, Sun –Tues 10–4, Wed 10–1

Some optional evening activities.



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

