

# Lines of The Soul : Mindful Drawing

Drawing can be meditation. With each line, each curve, and each breath, the hand becomes a mirror of the present moment. This workshop invites you to experience drawing not as a skill to perfect, but as a pathway to presence, stillness, and gentle joy.

Mindful Drawing is about slowing down, listening inward, and letting the pen move with your breath. It's a practice of surrender, presence, and connection to the beauty of simplicity.

## What's Included:

- \* Guided breath meditation for focus and presence
- \* Gentle drawing practices to connect hand, heart, and breath
- \* Exploration of mindful observation and awareness through line and form
- \* Reflective group connection and sharing

All materials are provided. No drawing experience is needed — this is about presence, not perfection.

Limited places available — bookings essential.

Come and rediscover the peace that lives in the simple act of slowing down.