

MEDITATIVE PAINTING



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This workshop invites all the participants to dive into deeper layers of the self and express what may have been restricted in the past, all within the safe environment of a blank canvas and a supportive community.

While the practice of meditation typically aims to ground us in a present moment and calm the mind, this state can fade away if we lose awareness once the meditation session ends.

In the painting part of the workshop, the participants are encouraged to use the insights from the meditation and work with them further by expressing their emotions through colors. Being suitable for beginners in meditation, the only requirement is courage to reflect on one's feelings.

This event resonates as deeply as human emotions do.

The initial idea behind the concept is that every person is creative when given the freedom to be.

Such approach empowers individuals, showing them that they can create meaningful artwork just by being honest and getting vulnerable. The power of every great artist lies in the audacity to stand by their truth, and all participants are invited to adopt the same mindset, not only during the session, but in their daily lives.

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## 1. INTRODUCTION (20 minutes)

Invitation into the creative flow, explanation of the possible connection between meditation and art.

## 2. GUIDED MEDITATION (30 minutes)

Breathwork and guidance focused on letting go of the different societal roles in order to explore what lies beneath the surface. Asking introspective questions about current emotions and needs.

## 3. PAINTING WITH ACRYLICS (1 hour)

Participants are encouraged to paint not what is visually pleasing, but rather what authentically reflects their inner emotional state.

## 4. FINAL SHARING SESSION (30 minutes)

Optional sharing round where participants are divided into smaller groups in order to discuss their experiences. Open vulnerable and liberating part of the workshop, fostering empathy and support.

## 5. CLOSING (10 minutes)

Final round of breathing together, thanking each other and leaving the space.

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