

UPCOMING PUBLIC ART CLASS

at Carlisle Arts Learning Center CALC
Carlisle, Pa

AUGUST 2nd, 6-8 PM

Creative Wellness: The Art of Visual Breathing Expressive Abstracts in Watercolors



You will learn some basic techniques for working with watercolors and water-soluble mediums with time to practice and play. Then, through a guided visualization and relaxing process of self-awareness, you will focus on the inhalation and exhalation of your breath as inspiration for creating an expressive abstract through intuitive and responsive mark-making. This class will be fun and reflective and there will be time to share our insights with each other at the end. Absolutely no previous experience in art is necessary to participate yet seasoned artists can enjoy the process to loosen up and be inspired. Ages 16 – adult

Click here for more information and registration. (YOU WILL REGISTER THROUGH CALC DIRECTLY)

<http://www.carlislearts.org/painting-drawing/the-art-of-visual-breathing-expressive-abstracts-in-watercolors>