

Course: SC 706MW / Land Art and Mindfulness Workshop (Online/Outdoor)

Instructor: Colleen O'Donnell

Days/Dates: 2 days, Saturday & Sunday, July 13 - 14 (RAIN DATES: 7/20 - 7/21)

Saturday Time: 1:00 p.m. – 3:00 p.m.

Saturday Meeting Location: Online

Sunday Time: 9:00 a.m. – 4:00 p.m.

Sunday Meeting Location: Fort Washington State Park (Montgomery County, PA)

Materials:

- Found natural objects
- Organic twine, garden tools etc.
- Camera; phone to document your work.

Optional Materials:

- Sketchbook
- Pencils
- Markers
- Watercolor etc.

Goals may include:

- Experience a processed-focused nature art activity.
- Develop a better state of being conscious in and with Nature.