

Course: IN 750EH_ON / Mindful Art-Making in Challenging Times (Online – Session 1)

Instructor: Dona Duncan

Days/Dates: 5 weeks, Thursday, September 23 - October 21

Time: 1:00 - 2:30 p.m. EST

- *Medium to large size canvas*
- *Your choice of paints or pastels*
- *Small notebook*
- *And don't forget a smile*

You will be in a safe compassionate environment.

*Mindfulness and Art...Love life and it will love your back. **A. Rubinstein***

Neuroscience is teaching us that positive experiences can change the architecture of our brains. Through this we improve the health of our body, then enhance our ability to create.

As an artist I have discovered that a cluttered mind, anxiety and mood, can halt my creative process. I have studied MINDFULNESS and MEDITATION, as well as painting, which has improved my memory, as well as my ability to relax, which then enhances our total life. Our communication and coping skills improve which brings light into our days as we improve relationships on many levels. Numerous people have taken this class and found a new way to see life and their ability to create with confidence. We have so many gifts inside of our soul but we must learn how to nurture those talents, to express our frustrations and learn to love ourselves ...once we can accomplish this; the compassion and love radiates within us and it is shared with others.

By Rumi; *Your task is not to seek for love but merely*

to seek and find all of the barriers within yourself

that you have built against it.

As we reflect upon our childhood gifts of self expression and joy, let us turn to the open honest gift we used to express our thoughts and feelings.

Use any materials you choose and express yourself among a small group that enjoys life and art.

I am a Registered Art Therapist, Psychodramatist and Artist. My education has given me the ability to work with people experiencing the challenge of memory loss, anxiety, depression, creative blocks, etc. Painting can bring much pleasure especially when done in a small group of compassionate individuals who seek the beauty life can bring.

We use music and meditation to assist with your ability to create.

Join us and discover the you inside that has been hidden.

Zoom

Thank you for registering for this online course. This course will take place live via Zoom, a free videoconferencing service. You will only need a computer with a high-speed internet connection to participate, as well as a means of photographing your work to upload -- a cell phone camera will suffice. All Zoom meetings take place in Eastern Time.

You will receive instructions* for accessing *Zoom* videoconferencing sessions in a reminder email two days before the course start date. *Please be sure to check your email junk/spam folder.* We ask that you please take advantage of the *Zoom* tutorial before the course begins. Basic training sessions for Zoom will be made available at the start of the course as well. Review PAFA's list of [Zoom Technical Requirements](#) for additional information.

* *Please note:* The passcode included in the instructions for entering Zoom sessions is case-sensitive and should include no added punctuation at the end. If you are entering the passcode correctly and it is not being accepted as valid, try clearing your internet browsing history and restarting your device before re-entering it. Students having continued difficulty accessing Zoom due to issues with their device or internet connection, may wish to use an alternate device, such as a smartphone, to enter a particular day's session.

Please contact us the any questions at continuinged@pafa.edu. For more information and links, please see CE's [Registration Information](#) (<https://www.pafa.org/school/academics/continuing-education/registration-information>).