

Mandala masterpiece workshop with Nicola Anthony



A relaxing and inspirational class to create your own mandala masterpiece through drawing simple patterns, leading to intricate designs.

This is a wonderfully connective, confidence building session, which also teaches you about mindfulness, gives you a technique to help find a moment of calm at any time in your life, and I guarantee that by the end of it you will have exceeded your own expectations!

What you'll learn

- How to draw a mandala
- The simple language of shapes which are used in mandala drawing
- Having confidence in your drawing ability - especially for the beginners!
- How to practice mindfulness and breathing exercises while drawing, or how to simply get absorbed by your art, let go and have fun
- The history of mandala drawing
- See how the simple shapes we learn can build up to create something more complex than you imagined you could create

Mandala drawing has become popular in recent years as a fun and calming activity, and originates in spiritual practices where a mandala is said to represent the entire Universe, and can be an exercise in reunifying the self. In our class we will start with the basics and aim for a relaxing and inspirational experience.

You will be taught and guided in a step-by-step lesson, leading to a beautiful mandala and a practice that you can take away with you and continue in your own life whenever you want to feel calm or create something impressive.

Who this workshop is for:

Anyone interested in increasing creativity or finding a new way to unwind. No artistic experience is necessary.

What you will need:

- A few sheets of paper - ideally blank A4, but we can work with what you have to hand
- A pen / pencil for drawing
- We recommend bringing a cup of tea (or any beverage which you prefer!)

You will receive a printable template before the lesson, for those who have printers (and if not don't worry, will show you how to draw a quick template).

