

Welcome to the:

Mindful Art Open Studio

As we all arrive...

- **Place a pen/marker in each hand. Fill your page with marks & doodles without lifting your pen. Play with mirroring your hands or trying to take opposite actions.**





Woman in Gold

Gustav Klimt
(1862-1918)

Portrait of Adele Bloch-Bauer I, 1907
Oil, gold, and silver on canvas
Neue Galerie New York.



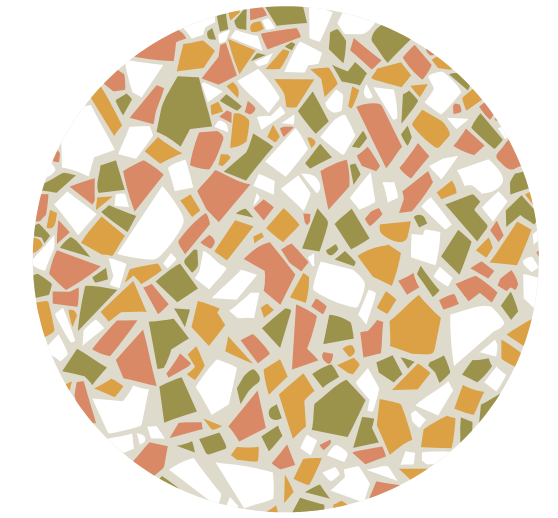
Woman in Gold

Write a free-form poem or journal entry about what you just experienced and how it may relate to the idea of making your way forward...

1

Sum of its Parts

- Write in one clear statement something that you want to “make your way towards.” Sketch or find an image that feels connected to this.
- Place this image in the centre of your page, and begin dividing or breaking up the surrounding area into smaller parts.
- Fill each area with a motif, doodle, word, or imagery that feels connected to this.
- Notice in the process what this creation is showing or teaching you about making your way.
- Write an artist's statement that explores what this creation is about and the meaning embedded within.



Making Our Way

2

Mosaic

- Write in one clear statement something that you want to “make your way towards.”
- Find papers or textures that feel connected to this; you may want to choose a palette of 3-5 colours and consider what each paper may represent.
- Begin tearing and cutting up this paper into smaller parts. Begin placing these pieces out on your paper and play with a shape or image that they can come together to create.
- Notice in the process what this creation is showing or teaching you about making your way.
- Write an artist's statement that states what this creation is about and the meaning embedded within.