



Contemplative Drawing & Painting

April 14–June 2, 2010

7:00–9:00 pm | Glen Echo Park, Arcade 201

Explore the intersection of awareness and creativity

For both new and experienced artists of all stripes and colors, this unique class will enhance both your creativity and your understanding of where inspiration comes from.

Explore many approaches to accessing creativity through meditation, music and sensory awareness as you develop painting and drawing techniques. Students will take part in exercises in perception that will awaken the senses and help remove obstacles to creative expression. Instruction in charcoal, ink and watercolor will guide you to express individual experiences as well as to deepen appreciation for the materials. This class is for everyone who wants to develop creative insight, regardless of experience. Class fee: \$280.00

To register, visit www.glenechopark.org. For more information contact Bonny Lundy at bonnylundyart@aol.com or 301.466.6344.

About the instructors

BONNY LUNDY— is a long term practitioner of both meditation and yoga. She has taught painting and drawing for Glen Echo Park, Smithsonian Associates and many other groups for over twenty years. She received a BFA from Lake Erie College. Her paintings are included in many collections throughout the US. She owns Pleasant View Studio in Brookeville.

TOM SEMMES— studied painting at Rhode Island School of Design and at the Yellow Barn. He has practiced meditation for over 20 years and teaches contemplative art at the Shambhala Center of Washington DC. His work can be seen at: www.tomsemmes.com.