

ART FROM WITHIN

PCC Community Education

8 weeks

- the Images within
- dream journaling
- personal colors
- painting our intentions
- subconscious language
- Mandala practice
- temporary art (morning altars)
- exploring our narrative through art making

Short description: Bring your dreams and thoughts into the art making process with drawing and painting. Using simple materials and writing prompts we will discover personal symbols and create art based on the interior world. No art experience necessary.

Extended description: Explore your symbolic visual language with drawing and painting. Discover dream journaling, mandala practice, temporary art, personal colors, and more. We will use basic art supplies that do not require expertise, writing prompts, free-write exercises, and mindfulness. We will consider our personal narrative through the art making process. No art training or experience necessary. Come explore!

No course fee: post supply list (basic watercolor set, drawing tools, papers, collage supplies)