



ARTFUL CALM: DRAWING FROM WITHIN

Date: Wednesday's, January 7, February 4, March 4 & April 1

Time: 5:00 - 7:30p.m.

Registration Opens: Monthly

Max students: 12

For ages: 18 and up

Materials and Instructor Fee: \$20

Instructor: Carol Lucia Lopez

Discover how simple lines and a technique called "rounding" can quiet the mind and awaken creativity. In this relaxing class you'll learn the basics of a gentle drawing method inspired by the neurographic art process. This practice can help release stress, invite calm, break habitual patterns, and create new neural pathways. No art experience is needed! You'll be guided step-by-step in creating your own expressive artwork while working with personal intention.