



Mindful Mandala: 7 Days of Relaxation & Creative Play

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The more we can open ourselves to possibilities, enjoy the simpleness of repetition Let the expectations go, and remain aware of the choices we create more centered and mindful we are!

The core of the mandala's circle - but explore different methods and materials and discover the art of composition and design to make something reflective and unique. Each prompt is filled with examples, information on mindfulness, and a variety of ways to get the most out of the experience.

In this class, you will be:

- Get in touch with your imaginative and playful side by making art using stickers
- Increase our understanding of control by observing the movement of paint and brushes.
- Relax and enjoy the moment through art using natural materials
- Do some self-reflection and then enter into the state of mindfulness with spoken words
- Create space for quietness and peace by creating optical illusion patterns
- Get creative with watercolors and ink to create some low-pressure time.
- Utilize yarn to experience the pleasure of creating, without any expectations

This is a fantastic course to attend if, at the right moment, you're looking for a fresh outlet to express your creativity or you're going through an artistic blockage, or want to develop mindfulness to a more creative way of life. Whatever your skill level there is something worthwhile within the context of the healthy meditation circle. Therefore, block some time for self-care in your schedule, get your art materials and take part in my class!



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