

Calming Mandala Workshop

Date: Thursday 22nd October 2020
Times: 10.30am - 4.30pm
Cost: £65.00
Course Tutor: Marcia Hughes



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Middlesex, TW11 9NN
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Calming Mandala (pen and ink) Workshop:

A **mandala** is an ancient traditional artform designed to help focus the attention and in some cultures, the spirituality, of the artist. Its roots lie in Eastern religions such as Buddhism and Hinduism.

In contemporary art, the mandala is a diagram, chart or geometric pattern with the design flowing from the mind of the practitioner. It is a meditative process and although usually geometric, modern mandalas can be expressed in many different ways.

All levels of ability and experience are welcome.

Materials List:

Our tutor will provide the materials for this workshop which are included in the price. Materials supplied will include paper, pens and pencil, eraser and ruler.

Tutor:

Marcia Hughes is a renowned local artist and an experienced teacher. Marcia teaches through step-by-step demonstrations and through practical exercise. She is an established watercolourist and Botanical artist and has exhibited at many prestigious venues including Westminster Hall and The Mall Galleries amongst many more.

Refreshments:

Tea and coffee are provided during the day, we will be using disposable cups or you may wish to bring your own cup/flask if you prefer. There will also be soft drinks and ice-creams for sale in the Landmark shop. There will be a one-hour break at lunch time to be spent at your leisure. Socially distanced seating to eat your lunch will be provided, or there is our woodland area or the park next door if the weather is fine.

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Covid-19 Safety Measures:

We want everyone to enjoy the class but we do have to have a few measures in place for everyone's safety:

1. If you feel unwell or if you have been in close contact with someone who has had Covid-19 in the 14 days prior to the class please don't come to the class.
2. When you arrive for your class enter via the main entrance where there will be a one way system in operation.
3. Whilst we have staggered class times please try to arrive no earlier than 15 minutes before the start of your class or you may be asked to wait outside.
4. Hand sanitising points will be provided at the entrance and in the classrooms.
5. Students will be positioned 2 metres apart and will not be sharing equipment.
6. In line with the government guidance students should wear a face-covering or face shield. Face shields are for sale in the Landmark shop together with a small range of art materials. The tutor will be wearing a face shield.

If you have any concerns about the measures that we have in place, please contact us.

ADDITIONAL INFORMATION:

- Please note that there is no parking on site other than the four bays by the wooden fence to the left of the building. These are clearly marked with **white** signs as parking for the Landmark Arts Centre. All other parking on site is for residents only. If you park in a resident's bay you are liable to get a parking fine.
- Cancellation policy: We regret that no refunds are possible should you cancel your booking. If there is a waiting list and we are able to re-sell your place a refund may be payable.
- For all bookings and queries please contact our office on 02089777558 or email education@landmarkartscentre.org.
- We will never use your contact details for third party marketing purposes. We may use your address and email to inform you of the forthcoming Landmark programme. We may also forward your email address to your course tutor who may on occasion contact you with course details and with his own artistic programme. Please let us know if you do not wish to be contacted.