



## The Practice of DRAWING AS MEDITATION

This class is about not only learning to draw well but also learning to make drawing a daily meditation. A relaxed, conscious, and aware state is optimum for the drawing experience—a state similar to meditation—a state of restful alertness. Drawing and meditation are mutually beneficial for physical, mental, and spiritual growth. You will learn to relax and be present as you draw. Without an agenda for success and the fear of failure, you will find that drawing can become pure enjoyment. Some of the many benefits of this workshop are:

- Improved drawing skill
- New drawing techniques
- A sense of peace
- Focused attention—mindfulness
- Finding your creative voice
- Seeing with the heart and hand
- A stillness of being and a sense of peace

You will discover your artist within. Through a variety of fascinating subjects and methods you will experience how easy and enjoyable drawing can be in this new and innovative workshop. All levels are welcome.

**One day:** 9:30 AM-4:30 PM. Wear comfortable clothes. Bring a seat cushion if you like.

**Instructor:** Robert Regis Dvořák, an artist and popular speaker on subjects of creativity in business and education, has been teaching drawing and watercolor painting for 35 years. He has authored six books on drawing: *Drawing without Fear*, *The Magic of Drawing*, *Experiential Drawing*, *The Practice of Drawing As Meditation*, *Travel Drawing and Painting*, *The Pocket Drawing Book*.

**Materials:** A 12" x 9" drawing pad, *The Practice of DRAWING AS MEDITATION* the book, all drawing materials, and handouts are included. (\$36)

**For the workshop planner:** AV and room requirements: Flip chart stand and tablet, tables and chairs, natural light if possible, ventilation, water available.

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# THE PRACTICE OF DRAWING AS MEDITATION

November 2, 2014, Solano College, Fairfield, CA, The Practice of Drawing as Meditation, Sunday 9:30 AM–4:30 PM. To register call: 707.864.7115 or go online: <http://solano.augusoft.net>

Learn how to practice mindful drawing in a state of restful alertness. Discover your creative power through the drawing and painting process. Learn to draw any subject from careful observation and your imagination. Improve your ability to concentrate and stay present as you draw and paint. See and appreciate the marvel of life with a new and clear vision. Become more perceptive and connected to the world around you. Some of the many benefits are: improved drawing skills, many new drawing techniques, seeing, drawing and painting space, line, form, and light, with a profound sense of peace, finding your world at the end of our pen or brush.

ROBERT REGIS DVOŘÁK

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