

Embodied Drawing

December 3rd & 4th 2026 (Thursday and Friday)

Tutor Katie Sollohub

Cost - £280 (All materials will be provided)

Times: 9.30 – 4.30 each day

Embodied Drawing - An experimental 2 day drawing course embracing the physicality of drawing on a large scale - using your own body, gesture and sensation as your subject. Using the generous space of the Seawhite studio there is almost no limit as to how large you can go.

This course is for anyone wishing to expand their drawing practice and find new limits, beyond the scale of your average drawing, by working large, freely, involving body and breath. You will be your own model, working on 2 or 3 large scale drawings, guided by Katie's exercises and meditation. She will encourage you to experiment, layer, develop and change the drawings over the course of 2 days.

*This workshop would be an ideal add-on to Dancing and Drawing, which directly precedes this (Wed 2 Dec). You could begin with movement and external stimulus from the music and dance on Wed, and then continue working in this embodied way for these next 2 days - tuning into your own internal intuitive sense of rhythm and touch, letting the drawing lead you in exciting directions. **We are offering a 10% discount to anyone booking both courses.***

Imagine shutting your eyes, and drawing yourself from the inside out. What does it feel like to be standing here, like this, breathing, still, steady; and now, on one leg, wobbling, stretching out to the top of the page, then crouching, curled into a tight ball, charcoal crunching underfoot? Working intuitively, drawing can be like a dance; full of movement, breath, weight, balance, repetition, grace, or imbalance and clumsiness.

By connecting the process of drawing to our own physicality, we can harness directly the power and sensations of the body to create marks; to fill space, to rub out, to scratch the surface, make our mark, to press into, walk through, push, pull, fight, or dance with, find harmony or discord, create movement or find stillness.

On day 2 you might cut up the large drawings, rub out, paint over, start again with collage, using the fragments to make smaller work. The outcome is perhaps not as important as the process. However, the results may surprise and inspire you in your approach to drawing and painting beyond the course, helping you to discover a fresh way of working from the figure, reinventing your visual response to the physical body.

Artists you can refer to include: Rebecca Horn, Lee Krasner, De Kooning, Jenny Saville, Matisse and Alice Kettle. Squeak Carnwarth, Vivien Suter, Rebecca Salter, Emily Ball, Eva Hesse, Gary Wragg, Cy Twombly, Rachel Whiteread, Jessica Stockholder, Joan Mitchell, Helken Frakenthaler

Materials

We will provide

- As part of the course fee we will provide enough paper for at least 2 drawings of this scale, approx 1.2m x 2.5m
- You will be working on the floor, and or wall
- Charcoal and other drawing materials eg pens, posca pens, pencils, chalks (black and white or colour
- Inks
- Black and white paint for editing
- Black and white paper, and glue for collage editing
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Please arrive no later than 9.15 am each day so that we can start promptly at 9.30am. We would appreciate it if students can stay for the full day and not leave early at the end of the course. Looking at the work, reviewing and giving feedback is a very valuable and important part of the course.