

QIGONG AND DRAWING Fri 19 Feb 2027

An introduction to large scale embodied drawing

Tutor Katie Sollohub

Cost - £135 (All materials included)

Another unique opportunity to make use of the expanse of the Seawhite Studio and the inspiration and motivation from Katie's particular form of teaching. Combining drawing with the ancient Chinese moving meditation called Qigong (pronounced chi-gung), this one day workshop will focus on the energy flow of repetitive movements and how this can translate onto large scale paper. You will each have a piece of paper that is at least as tall as you are, to work with on the floor or wall, or both.

Starting the session with a 45 minute introduction to the practice of qigong, Katie will then lead you gently into a mindful meditative approach to drawing, paying particular attention to the touch of materials, the way marks are made, and the movement of the body. Throughout the day, guided breath work and qigong flows will encourage you to continue drawing with full embodied awareness. Settling into rhythmical movements which help overcome the paralysis of 'overthinking', you can let go of expectations about what a drawing is, or is supposed to be, and simply enjoy the feel of your body and breath in unison, in flow. Think yoga on the page!

No experience of qigong (or drawing) needed - this workshop is suitable for all, for anyone with an open heart and mind, able and willing to go with the flow and get messy. Beginners welcome. An ideal gift for a friend or loved one.

You will end the day with a feeling of relaxation, physically and mentally, as well as ideas for making major shifts in your current practice. You will also have a substantial drawing to take home with you, either as a whole, or cut into more manageable sections. These could be the exciting start to a new way of working, or simply a record of the time spent in the process, being present to your body, sensations, and the act of drawing. A valuable experience in itself, and a reminder of how we might approach our creative practice more regularly - fully present, embodied.