

Mindful Drawing Workshop

with artist Michelle Charles



Michelle Charles is running an inspiring drawing workshop for *brainstrust* on 9th March 2015, 11:00 – 2:00.

We know how valuable it is to get together with others who truly understand. Come along and meet others in the brain tumour community.

Who is this workshop for?

This workshop is for you, our *brainstrust* community. Whether you have lots of experience or have not drawn since in school, come along. No prior experience is necessary.

What to expect of the session

Expect to have some fun. We will be doing some really simple exercises that are designed to enable relaxation and laughter.

What to expect after the session

Expect to come away with a little surprise gift courtesy of us, and some newly acquired creative skills.

What to bring

Simply bring a small meaningful object that fits in your hand.



RSVP today

Monday 9 March 2014, 11 am- 2pm.

Bemerton Art Workshops

199 Caledonian Road, London, N1 0AF.

RSVP to meg@brainstrust.org.uk or lula@brainstrust.org.uk

www.meetup.com/brainstrust

Lunch will be provided.

We know

You're amazing

About the workshop leader

Michelle Charles is an experienced artist and workshop leader in art and design, and has taught for many years at art schools in the USA and UK. Her works are in public collections that include; The British Museum, The Wellcome Trust, The Brooklyn Museum (USA), and the National Museum of Art (USA)