

# Guided Drawing Practice



## Guided Drawing Practice

With Chelsea Herman

Monday, April 20th  
6:00-8:00 PM

Flight Path Press  
530 W. Broadway, Suite 104  
Council Bluffs, IA 51503

@flightpathpress  
[flightpathpress.com](http://flightpathpress.com)

Practice guided drawing exercises and reflect on creative process in community. Short, meditative exercises are designed for beginning and seasoned artists alike. Materials provided.

Experiment with using mark making as a means of observing the body's sensory and emotional experiences. We'll generate line, value, shape, volume, space, and texture in response to touch, taste, smell, sound, and vision.

Guidance is offered for practicing drawing as a means of observing present experience. Discussion centers around process and considering how our drawings reflect the course of our attention.

This event is FREE.

Event updates at [flightpathpress.com](http://flightpathpress.com) under *Events & Happenings*.

RSVP:  
email: [flightpathpress@gmail.com](mailto:flightpathpress@gmail.com)  
Phone: (831) 588-6661

*With the intention of cultivating a community of care and connection, participants are invited to bring a healthy snack or small food item to share with 6-12 people. Tea & to-go containers provided.*