



Instructor: Michael Anderson

Michael has been an art educator for twenty years. He currently teaches Art at the American International School, Vienna. He holds an MA in Art and Art Education from Columbia University in New York, and a BA in Studio Art from the University of Minnesota. He is a certified MBSR Instructor and long-time student of meditation in the Shambhala Buddhist tradition. In addition to teaching art to young people, Michael leads meditation and art workshops for adults in Vienna.

Location:

citySTILLE Mindfulness Center
Hollandstraße 18, 1020 Vienna

Cost:

Friday Introduction

Free (donations accepted)

Full Weekend Program

185 Euros

Summer Special

(for bookings through July 15)

114 Euros

Registration:

Please visit www.citystille.com

or email:

michael.anderson.art@gmail.com

AOB

ART OF BEING

*Find inner stillness and reconnect
with the artist in you!*

Workshop Description

Perhaps you have never picked up a paintbrush, or maybe you have been making art your whole life. No matter where you are, we will all start at square one with a "beginner's mind." Whether for a first take, or a fresh take, we will journey through the creative process together, in a supportive community of fellow travelers. We will find that artistic expression is a vital way to make meaning of our unique experience in the world, a process of becoming more fully ourselves. It is a creative capacity we all share, an inherent mark of our human heritage.

This weekend workshop will introduce a variety of mindfulness practices you can take back into your daily life. They will be woven throughout the structure of our program, and will lead into art encounters designed to nurture and give wings to the artist within. The level of guidance or independence in these activities can be tailored to each individual's needs or desires.

The program for the weekend will include a free introductory session on Friday evening, followed by two full-day sessions of meditation and art practice on Saturday and Sunday. All materials will be provided.

Friday July 27 | 17:00 - 20:00

Mindfulness Introduction: Creating Space

This session will give you an introduction to mindfulness practice. If you are an experienced meditator, it will be an opportunity for us to ground ourselves in practice, and create space for the artistic process to emerge. The general topic and principles of contemplative art practice will also be introduced.

Sat July 28 | 10:00 - 16:00

Exploring the Artist Within

Our full-day session will include further mindfulness practices and contemplative art encounters designed to give wings to our inner artist, and guide us in making our own authentic mark. There will be a one-hour break, during which we will organize a communal lunch (meal not included).

Sun July 29 | 10:00 - 16:00

The Art of Being in the World

We will explore our world with the qualities and the eyes of an artist: how do we make and communicate meaning of our experiences in the world? How can the creative act itself make our experiences in the world more meaningful? Weather-permitting, we will work in the Augarten park, and we will organize and share a mindful lunch (meal not included).

VIENNA
**Weekend
Program
citySTILLE**
**27-29
JULY
2018**
citySTILLE
Mindfulness Center Vienn.
creating space, inspiring change