



ART+MEDITATION
WORKSHOP
FEBRUARY
22-23
2019

February 22-23, 2019
citySTILLE Mindfulness Center
Hollandstrasse 18, 1020, Vienna

DATES & TIMES

Fri Feb 22 17:00-20:00
Sat Feb 23 10:00-17:00

PROGRAM FEE
€180

REGISTER

To register, please go to:
www.citystille.com

MORE INFORMATION



www.art-of-being.org

Find out more about Art of Being on our website.



Instructor: Michael Anderson

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

YOUR LIFE IS THE ARTWORK

CHARTING A MAP OF CURIOSITIES

"Curiosity might be pictured as being made up of chains of small questions extending outwards, sometimes over huge distances, from a central hub composed of a few blunt, large questions."

– Alain de Botton, *The Art of Travel*

Program Description

What chains of questions and curiosities have woven themselves throughout your life and ignited wonder in you from childhood to now? Opening to our senses through meditation, our natural curiosity and wonder arises. Exploring the questions that captivate our curiosity and wonder brings insight into what makes us come alive as a unique human being in the world. In this program, we will use the art of map-making to chart these curiosities and see where they lead us. We will explore the archetype of the hero's journey and, using our map of curiosities as a guide, envision a journey (real or mythical) that will take us closer to becoming our true authentic self.

What is Art of Being?

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 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.



citySTILLE VIENNA
Mindfulness and Meditation Center