

QI-GONG, HARP, ART CLASS

CLASS VOUCHER (FOR ANY ABILITY)

A day workshop to provide joy and relaxation whilst discovering your creative potential.

Qi Gong is a Chinese practice of body posture and movement, breathing, and meditation used for the purposes of health, spirituality, practiced standing or seated as necessary.

We will be responding to Harp being played by Eleanor Prout. Whilst using Chinese brushes, charcoal, inks, and many local natural materials. Mark making, observation and responding to a given subject and environment, technically and emotionally.

Details: Sunday March 8.

10am-12pm: Qi-Gong, 2pm-5pm: Mark Making.

Lunch provided by Honesty.

Venue:

Westridge studio

Andover Road, Highclere, Hampshire, RG20 9QS

More information contact Kate Duncan: 07562655877
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