



APRIL 26-28, 2019

Mindful Mark-Making: Abstract Drawing as Meditation

*A weekend of quiet creativity with pen and ink
facilitated by Sadelle Wiltshire and Ann Coakley*

Explore meditative drawing methods using a variety of techniques in pen and ink that encourage and nurture creative flow: continuous line drawing, freeform patterns, Zentangle and more contemplative mark-making.

- ◆ Journey into creativity, play, and meditation;
- ◆ Learn to let go of expectations;
- ◆ Tame the inner critic and honor process over product; and
- ◆ Experience new ways to center down and build community through art, creating a safe space to share and process what it means to be creatively connected to the inner light.

No art skills are needed whatsoever, just an opening to trust that we all are capable of making mindful art and sharing our gifts.

*Zentangle® is an easy-to-learn, relaxing, and intuitive method of drawing black and white abstract images using structured patterns.

Sadelle Wiltshire is committed to creating and teaching art as a spiritual practice, especially in these challenging times, as a peacemaking practice. A longtime fiber/textile/mixed media artist and a Certified Zentangle Teacher, she has led a wide variety of art and mindfulness workshops since 1997. Sadelle is a member of Putney Friends Meeting (VT) .

Ann Coakley is a clinical social worker who helps people build skills toward a regular practice of Mindfulness, including grounding tools, meditation, compassionate visualization, and meditative drawing methods. Ann is a Certified Zentangle Teacher and has co-lead workshops with Sadelle at FGC Gatherings and other venues. Ann attends Putney Friends Meeting.

Registration

Visit www.pendlehill.org,
or call Ext. 137 at 610-566 4507
or 800-742-3150 (toll-free in US)

Accommodations

Private room \$ 495
Shared room \$ 430
Commuter \$ 300

IF YOU NEED FINANCIAL ASSISTANCE,
PLEASE COMPLETE THE ONLINE
FINANCIAL ASSISTANCE FORM

Travel

Pendle Hill is just 15 minutes from
Philadelphia International Airport
and 30 minutes outside the city.

The campus is near the Wallingford train station.

Take the SEPTA Media/Elwyn line from
Philadelphia and call for a pick-up.



338 Plush Mill Road
Wallingford, Pennsylvania
610-566-4507, ext. 137

www.pendlehill.org



PENDLE HILL

A Quaker Study, Retreat, and Conference Center