



# ABSTRACT FLOW MINDFULNESS PAINTING ONLINE SESSIONS

## SESSION DATES

13.12.2020 11AM (UK)

17.01.2021 2PM (UK)

21.02.2021 11AM (UK)

28.03.2021 2PM (UK)

18.04.2021 11AM (UK)

Welcome!

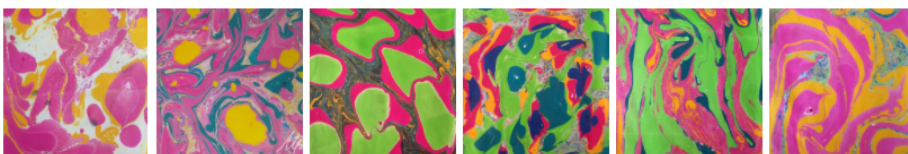
During the summer I've been enjoying creating a series of 'flow and experimental paintings'.

I thought it would be fun to share this process with you all and a nice way to relax monthly via zoom together. The 5 sessions will be free for 40 minutes via Zoom (session dates in the corner and login details will be sent privately to individuals)

**What do you need?** ( you don't need to attend all 5 sessions just confirm attendance via [mftcreativelady@gmail.com](mailto:mftcreativelady@gmail.com) or WhatsApp).

- paper ( any size or type - watercolour paper is best if using watercolour paint and the larger the better)
- paint ( any - acrylic / watercolour etc)
- pencil / coloured pencils / felt-tip pens
- paintbrush & plate to mix your paint
- kitchen tray or large hard book

All I ask in return is you [sign and date](#) your painting, [take a photo](#) of it and [either tag it to @mftacreativelady , email or WhatsApp me your creations](#). I will then feature some of the work on my website under the section 'Mindfulness Painting Online Sessions 2020'.



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