

ZENFUL PATTERN DRAWING

Join Taryn for this 4-week drawing course which will introduce you to calming and meditative types of pattern drawing.

These techniques don't require much creative skill, use aspects of mindfulness practice and are excellent for providing comfort, relief and pause.

This course is suitable for all abilities, however you will need to source your own supplies (approx. £5 in total), including a fineliner pen, marker/brush pen, soft pencil and decent paper.

More details and guidance will be provided afterbooking.



Starting Friday 21 May
11am-12pm on Zoom

MFT supports adults in Surrey to improve and maintain their mental wellbeing through one-to-one support, courses, groups and activities.

To book your place, you need to register with MFT first and then contact:
01372 375400, text 07929 024722,
email info@maryfrancestrust.org.uk
or visit www.maryfrancestrust.org.uk

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