



NEUROGRAPHIC ART

MINDFUL DOODLING

HOSTED BY: **LAURIE WALLACE**

We will be presenting a series of workshops throughout the year exploring the linkage between the mind and creativity to enhance our self-awareness. Planned workshops include Mirror Writing, Simple Journal Making and Bilateral Art. All workshops are designed to stand alone but do follow themes presented in all four.

This workshop “Neurographic Art – Mindful Doodling” is an introduction to an art form developed by psychologist and professor Dr. Pavel Piscev in 2014. Neurographic Art is made by drawing freeform connecting lines and using color for enhancements.

This technique helps to link the two concepts of “Neuro” (brain cells) with “Graphic” (images and shapes) to produce new and surprising artistic expressions. There will be an introduction and short meditation presented. Neurographic Art, simply stated, is mindful doodling. There are no mistakes in the final result. No previous art experience is required. All materials will be provided, and participants are also encouraged to bring their own art materials if they wish.

Laurie Wallace is co-facilitator of a women’s prayer group, a graphic designer, ceramicist and has taught art to children and the elderly.



**REGISTER
ONLINE**



SATURDAY
JANUARY 25, 2025
9:00 AM - 12:00 PM
\$50 Per Person
Supplies Included



Register online or contact José at 310-377-4867 ext. 250, jsalas@maryjoseph.org

MARY & JOSEPH RETREAT CENTER 5300 CREST ROAD, RANCHO PALOS VERDES, CA 90275