

Creativity and Wellbeing Week 2021

Taking Time to Look: Dutch Interiors and Mindfulness

Dates Monday 17, Tuesday 18, Wednesday 19 and Thursday 20 May 2021
Times 11.00–12.00 BST
Location Zoom Webinar



Pieter de Hooch, *A Woman Peeling Apples*, c.1663 (detail)

Series Description

This year's theme of care and wellness will be explored during Creativity & Wellbeing Week 2021 in these morning workshops for older people. Practising mindfulness with art can bring a greater appreciation of the artwork and the visual world around us, and an increased sense of well-being.

When we pay close attention to a painting, we come into a deeper relationship with art and with ourselves. The quiet, contemplative interiors of Dutch painting can inspire this quality of looking: through mindful exploration of light, colour and shape, we invite our senses to become more alive and present.

Meet each morning to spend a restorative hour with a painting from the Wallace Collection. Starting with a short mindfulness practice, you'll then be guided to look closely and with curiosity, allowing the painting to open up a space for creativity and reflection.

Developed and delivered in partnership with mindfulness and art experts, Limina Collective.

Monday 17 May: Looking with Mindfulness

Using a Dutch interior as our starting point, engage in a guided mindful look at the painting followed by some reflections which may be relevant and helpful for our lives right now. Participants are invited to share their responses during the session. Led by Lucia van der Drift, for Limina Collective.

Tuesday 18 May: More Looking with Mindfulness

Settle the body and mind and bring your full attention to observing one painting. This guided slow-looking exercise invites you to explore the mindful moments to be found in simple activities, and how these can enrich our everyday experience. Led by Karly Allen, for Limina Collective.

Wednesday 19 May: Mindfulness and Drawing

Experience both mindful looking and drawing as a means of enhanced seeing and exploration of an artwork. An opportunity to contemplate stillness and simplicity and how these qualities can support greater connection to ourselves and the world around us. Suitable for all levels of experience, including beginners. Please bring pencil/pen and paper to draw with. Led by Clare Barton Harvey, for Limina Collective.

Thursday 20 May: Mindfulness and Writing

Be guided through a mindfulness meditation and contemplation of a painting from our Dutch collection. We will use some elements of the painting as writing prompts to gently explore our personal connection to the theme of the picture and its relevance for our lives today. Please have something to write with at hand. Led by Lucia van der Drift, for Limina Collective.

About Limina Collective

A small, passionate team of mindfulness and arts experts, Limina Collective brings meditation and reflection practices to art museums and online spaces. Our events develop sustained looking and deep engagement with art, with a focus on creativity, curiosity and wellbeing.

Karly Allen is a lecturer in art history and mindfulness teacher. She has taught widely for British collections and cultural organisations over the past 20 years, including the National Gallery, Wallace Collection and the Royal Collection, where she was formerly Education Manager. In recent years, Karly has integrated her mindfulness training into her work with art museums. She is inspired by the potential for mindfulness practices to enrich the viewing of art, and since 2018 she has developed this work as co-founder of [Limina Collective](#).

Clare Barton Harvey is an artist, tutor, mentor and freelance mindfulness and art teacher/trainer. She studied drawing, to MA level at the Royal Drawing School and has been practising mindfulness for over 26 years. She has taught drawing and mindfulness courses and workshops for over 17 years in a variety of locations including The National Gallery, British Museum, Pallant House Gallery, The British Library and Hampton Court Palace. In 2018, she co-founded [Limina Collective](#) with Lucia Van der Drift and Karly Allen.

Lucia van der Drift is a teacher and writer in mindfulness, meditation and Buddhism, with a keen interest in aesthetic appreciation. She has been practising mindfulness for over 20 years, and has been teaching mindfulness and meditation in different settings for over 15 years. Along with Karly Allen and Clare Barton-Harvey, Lucia founded [Limina Collective](#) in 2018 from a shared love for combining mindfulness practices with art engagement.

Joining Information and Format

Each session will take place on Zoom. You can register for each session via the event page on the website.

For more information on Zoom, including instructions on how to download and use the system, please visit www.zoom.us/support.
