

Art of Being

Half-Day Immersion

Creativity, Embodiment & Contemplative Practice

Sunday, August 23 from 10:00am-3:00pm

\$60

Join Keely Angel for a five-hour creative immersion designed to help you connect with your body, mind and creativity.

Whether you're feeling blocked and disconnected from your work, or just curious about creating from a more embodied and contemplative place, this immersion is an opportunity to step away from the pressure to produce and return to the practice of presence in your creative practice.

We'll spend our time in **meditation, movement (chair stretching), conversation, and creative co-working**. Come explore the themes of attention, resistance, discipline, inertia, play and more.

The day begins with guided meditation and movement to focus the mind and open the body with the intention to begin the creative process from a more embodied and grounded state. Then we will do a couple writing prompts to help get into the flow followed by a short discussion of writings from artists around their process.

The heart of the immersion is a generous period of uninterrupted creative work. There are many ways to spend this time, but what has been most helpful for previous students is the container of time that you are committing to.

You are welcome to return to an existing project, start something new, or experiment with a medium that is new to you. We have had writers, painters, poets and people who haven't picked up an art project in decades. There is no particular outcome to achieve and no expectation to produce something finished.

Together we'll practice showing up, paying attention, following curiosity, and allowing the act of making to become its own contemplative practice. And we might even... have some FUN.

We'll explore:

- Slowing down and cultivating attention
- Reconnecting with the body as part of how we create

- Resistance and uncertainty
- Curiosity, experimentation, and play
- Being in the process rather than the outcome
- Conversation and shared inquiry
- Making space for ideas to emerge without pressure to perform

This space is for you if you're curious about:

Creating without needing to know where you're going

Making space for creativity

Moving through creative resistance or burnout

Exploring the relationship between body, attention, and creativity

Returning to a creative practice

Experimenting with a new medium

Being in community

Bring:

- A creative project or art materials — any medium except oil paint
- Comfortable clothing
- A journal or something to write with
- Water and snacks

No artistic experience is required.