

Virtual.exe

MINDFUL WEEKENDS

TEXT ZENTANGLE

MENTAL HEALTH INCLUSIVE ART-BASED THERAPY WORKSHOPS FOR ADULTS

CURATED BY SENSES

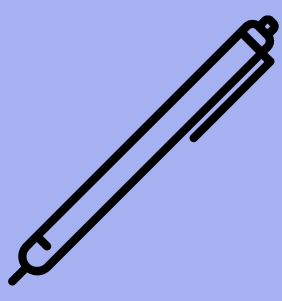


This Zentangle workshop is focused on creating pattern designs and mindfulness (you are purposely drawing something) so that you do not think of random thoughts. Zentangle helps us to establish an internal nonverbal language of patterns and proportions that opens the door to new perceptions that are usually blocked off from our awareness. Just like mandalas, this method is a form of “modern meditation.”

The workshop was conducted in English.



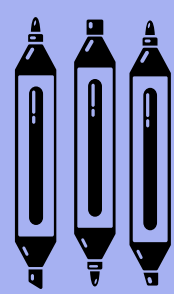
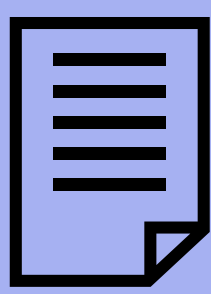
MATERIALS YOU WILL NEED:



BLACK PEN / SKETCH PENS

PENCILS

THICK BLACK MARKER



PAPER - WHITE OR COLOURED

PACK OF SKETCH PENS

ABOUT SENSES

With an approach towards accessing and engaging with arts holistically, for a wide array of enthusiasts and art-lovers we presented the first edition of Senses at Serendipity Arts Festival, Goa in 2016. Serendipity Arts Festival since inception has made considerable and conscious efforts to make the festival as accessible as possible to a diverse community of visitors. The ongoing situation mandating social distancing is only a challenge for our imaginations—leading us to curate accessibility via digital media and platforms. Access For ALL has curated Senses Virtual a digital platform to provide access via inclusive arts-based therapies and creative workshops focusing on the mental health and diversity.

ABOUT ACCESS FOR ALL

Access For ALL is a one-stop destination for all accessibility, inclusion and diversity needs. It aims to bridge the gap between arts, cultural heritage and disabilities by providing state-of-the-art facilities, services and products. It is the first organisation to receive a national level award and the Nipman Foundation's Microsoft Equal Opportunities Award as an Enabler in segment of Universal Design. Access For All has been working across the globe and has a staff with varying abilities. The focus is clear - Nothing For Them Without Them.



ABOUT THE FACILITATOR

Arts Accessibility expert, Arts-based therapist and an educationist, Siddhant Shah has been working in the space of arts and inclusion in India and around the world. He has been designing curriculum on Design and Disabilities; and lecturing on the same at various platforms like TEDx and institutes like IIT Guwahati, XLRI Jamshedpur, NID and others.



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