

Mindfulness X Art

靜觀X藝術

在繁忙的生活中，我們可以藉由創作的過程，送自己一趟舒壓的小旅程。

A journey to de-stress and recharge through art and creation.

17 August 2022 (Wednesday)

Venue: SMC 5/F Podium Activity Room

Quota: 20/ workshop

Workshop 1: 「液。態」心體驗 Flowing Art

運用液體墨水重疊交錯、暈染擴散，建構出一幅獨特並擁有自己個人風格的抽象畫作 **Create your unique art piece with liquid colored-ink**

Time: 12:30-2:00pm

Workshop 2: 線繞畫 Thread Art 330

用繽紛色彩的線編織獨一無二的曼陀羅，編織配合靜心與呼吸，體驗平靜的過程

Create a unique thread-making mandala and experience mindful meditation and inner peace

Time: 2:30-5:00pm

Fee: Free for all CIE students

Registration: <https://bit.ly/3zSU0RV>

