

**Create Zen - Art**  
**Meditation and Art**  
**Open Studio**  
**with Christina Jarmolinski,**  
**Professional artist, art instructor and author**

Tuesdays, 12:30-3:30 PM

**Location:**

30565 E. Rustic drive

Salisbury, MD. 21804

exit Nutters Crossing off of the By-Pass

Tel: 443 736 4315

Email: christina@jarmolinski.com

*Entrance via deck in rear with convenient parking available*

**Create Zen- Art**

“Meditative Art is a spiritual practice in the process of creating.”

Let the paints and thoughts flow and have fun creating your meditation board to use later at home while meditating.

Each class is limited to 8. \*

Zen art practice is not Art Therapy but a spiritual practice of connecting yourself to the present, being aware of the peace of the moment.

I will guide you along a path to find your “own meditation inspired art.” through visual meditations, always a feel-good meditation with positive thoughts and energy. After each meditation you will have the opportunity to paint, draw or collage your impressions, visualizations and feelings onto paper or canvas board. It is a wonderful experience with your “Art Friends” in class. You can explore your “Inner self..”

Our minds are focused on the adventure of colors and texture of the weekly meditation.

You are welcome to meditate and work in the private atmosphere of my art studio. In the past I have worked as a “meditation artist” in Paracelcus Colleges in Germany with the accent on Mandala Meditations and Meditative Art, besides working in Florida in an Institute for Art Therapy. For years I have offered Zen Art classes in the USA and in Germany.

You will have the opportunity to show and share your artwork in every session. Through the application of colors, acrylics and papers, you will be able to transform your works to new and exciting meditation boards.

**Supplies for this course:**

Acrylic studio paints such as Liquitex Basics

Watercolors, colored inks

in Ultramarine Blue

Cobalt Blue

Cadmium real Red

cadmium Yellow

White/Black

Brushes: synthetics are good enough-round, flat sizes 2-12

palette, palette knives

Canvas: stretched or canvas boards 16x20

Paper towels or rags

Wallpaper adhesive or Mod Podge

papers, magazines to cut out or photos

Tuition: \$25 per session

\* Open Studio = come as you can, but with RSVP letting me know in advance, so you are certain to have a working space available to you.