

Meandering with Art & Nature

Shekina Sculpture Garden Glenmalure Co Wicklow

Saturday, September 1st 2018

Many of us rush too much, too much of the time. We often fail to fully “savour the flavour” of what we’re doing, who we may be with at the time, what we are eating, what we are looking at. In fact, are we really “looking at” whatever it might be, for example, our child, our lover, a beautiful view, or a wondrous work of art?

So, if you would like to experience the art of ‘*slow looking*’, join **Ashleigh Downey**, **Tony Suttle** and **Catherine McCann** for a sensory, mindful, and creative day at Shekina Sculpture Garden in Wicklow, **11.30am-4.30pm Saturday, September 1st 2018**.

Shekina Sculpture Garden, created over 40 years by Catherine is an acre oasis of peace, beauty and tranquillity. There, participants will be invited to stroll, sit, lie, look, look again, look longer, chat, drink tea, bring a picnic, and (if you wish) discuss meditation, mindfulness, art, the works on display, the natural setting and any other topic that may crop up.

Also there will be an opportunity for those who wish to exercise their own creativity. To write, draw or compose some small personal representation of an afternoon at Shekina. A physical memory to take away.

Ashleigh, Tony and Catherine will offer discrete inputs during the day, both in groups and to individuals, to the extent requested. Their hope is that everyone will go away feeling more inspired and uplifted than when they arrive.

Ashleigh is an ecological artist and creative facilitator.

Tony is an octogenarian lover of art and teacher of art history, appreciation and enjoyment.

Catherine is the creator and curator of Shekina.

Cost: €40 per participant (10% discount for pre-booking 7 days in advance)

Booking: 087 747 8470

Directions: see www.shekinasculpturegarden.com

Further details if required, email suttle@eircom.net

*** *As this will be largely an outdoor event, please bring appropriate clothing.*