

Painting with Meditation

Take a rare open master class with painter **Shawn Dulaney**, entwining watercolor and meditation techniques in her light-filled studio at Industry City in Sunset Park, Brooklyn.

In this supportive, informal and experiential class, we will explore the Japanese practice of *ensō*, a circular brushstroke expressing a moment of suspension in another world. We will also create personal visual lexicons (or symbols) similar to those used in tantric meditation, as well as experimenting with more traditional exercises and techniques in landscape and still life. Classes are small, and centered on personal attention: All levels are welcome. I meet each student where they are, emphasizing creative expression along with technique. No previous experience is required.

About Shawn Dulaney

Shawn Dulaney's paintings are layered constructions of color, spacious abstractions that read like cloud banks, flows of water, magnetic fields. Doug McClemon of *ArtNews* writes that these paintings "concern the earth, and the unyielding hand of nature." In this practice, painting and meditation merge in gestures charged with monumental energy.

A working artist for over four decades, Shawn is represented by Sears Peyton Gallery in NYC and Weber Fine Art in Greenwich, CT. Exhibited nationwide, her paintings can be found in public and private collections, including those of the Hunterdon Art Museum in New Jersey, and author Annie Proulx in Wyoming. Shawn studied art at The New School of Art in Toronto; Stanford University Studies Center in Britain; The Berkshire College of Art and Design in Maidenhead, England; and Mills College in Oakland, California.

Shawn began studying yoga and meditation in the 1960s with Adeline Morris, who had been a student of Indra Devi in India before founding the yoga movement in Colorado. Since then, Shawn has continued to practice, studying with teachers such as Manu Dawson and Jillian Pransky in New York City, with focus on techniques including breath meditation (*Anapanasati*), *Mettā* meditation, meditation mudras, Yoga Nidra, Transcendental Meditation, mindfulness and somatic meditation and other modalities.



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