



BILATERAL DRAWING WITH INTENTION

HOSTED BY: LAURIE WALLACE

We are presenting a series of workshops throughout the year exploring the linkage between the mind and creativity to enhance our self-awareness. Each workshop is designed to stand alone but follow theme presented.

Third in the series, this workshop, first presented in 2025, "Bilateral Drawing" is an introduction to creating abstract art using both hands at the same time. Linking the left and right side of the brain, this exercise produces images that can then be altered, cut, and collaged into new and entirely surprising ways. The results of this drawing experiment offers one more way to get in touch with internal feelings and thoughts without judgement.

WHAT TO EXPECT:

There will be an introduction and short meditation presented. There are no mistakes in the final result.

- No previous art experience is required.
- All materials will be provided, and participants are also encouraged to bring their own art materials if they wish.

Laurie Wallace is co-facilitator of a women's prayer group, a graphic designer, ceramicist and has taught art to children and elderly.



REGISTER
ONLINE



SATURDAY

SEPTEMBER 19, 2026

9:00 AM - 12:00 PM

\$50 Per Person / Supplies Included



Register online or contact José at 310-377-4867 ext. 250, jsalas@maryjoseph.org

MARY & JOSEPH RETREAT CENTER 5300 CREST ROAD, RANCHO PALOS VERDES, CA 90275