



Join us!

at the
Center for Contemplative Studies



Offered free of charge to Students, Faculty, and Staff

Mindful Painting

Wednesdays from 2:30 – 3:30pm

The Center for Contemplative Studies, 700 S. Church Street



Spend a relaxing hour tapping into your creativity as we use acrylic paint on canvas.

- No previous painting experience is required.
- Please wear casual clothing, as acrylic paint will permanently stain most fabrics.
- It is recommended to bring an apron or a paint smock to protect your clothing as you paint.

