

THE BISCUIT FACTORY

Creative Workshops

Zen Mindful Mandala

The word mandala comes from Sanskrit and means 'circle' or 'centre'. The circular designs symbolise the idea that life is never ending and everything is connected.

The mandala also represents the spiritual journey within the creator. Drawing, painting, or creating mandalas is a meditative practice bringing focus and the clarity of mind. Using design elements and painting helps to stimulate creativity and promotes positivity.

Tap into your creativity and explore self-expression during this watercolour mandala painting experience.

Sofia will take participants through the creative process step by step with drawing, designing, painting, and add elements to the mandala. At the end of the workshop you'll have a beautiful painting to take home.

The workshop will be split into two activities, first half drawing and designing and the second half painting the design. Templates are provided of different styles of Mandalas.

Sofia Barton is a Cultural Activist and Multidisciplinary Artist from the North East who creates contemporary artwork inspired by nature and her Punjabi heritage.

This contemporary artwork is often comprised of bright colour palettes which are influenced by South Asian textiles and architecture to vintage matchboxes. Inspired by everyday objects she creates pieces depicting backgrounds and context of places, merging the traditional with a careful study of a modern society. Her creative practice has developed links with multiculturalism, feminism, and the LGBTQIA+ community.

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Clients have included Northern Pride, Baltic Centre for Contemporary Art, Wild in Art, GemArts, Laing Art Gallery, Durham University, Tyneside Cinema and NEXUS.

Further information:

This workshop is designed for all levels of experience.

Participants are encouraged to arrive around 10-15 minutes ahead of their workshop.

There is parking on site and we have 2 free overflow car parks on Bermondsey Street and opposite at The Holy Biscuit.

Attendees will receive a 10% discount card for The Factory Kitchen to use on the day

Please contact art@thebiscuitfactory.com with any queries.