

Painting Calm

The day will include drawing and painting tranquil and peaceful images using calm colours and techniques. We will consider colour theory and experiment with therapeutic and mindful approaches to drawing and painting.

A one day face-to-face workshop suitable for beginners, improvers and experienced painters

Cost £40

Thursday 26 June 2025 10am—3pm, Holbrook Memorial Hall, Holbrook Rd, Leicester, LE2 3LF

Email or phone to enrol

Instructions, demonstrations and individual tuition given. The workshop has a supporting YouTube video demonstrating techniques and ideas.



Course led by Leicester artist Helen Newton

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View Helen's work at www.helennewtonartist.co.uk