

Watercolour Sketch Booking for Mindfulness

Overview:

This course explores the gentle and reflective practice of watercolour sketch booking as a tool for mindfulness and personal wellbeing. Participants will learn to combine observational drawing with expressive watercolour techniques, creating a meditative art experience that reduces stress and enhances focus.

Objectives:

- Introduce participants to fundamental watercolour techniques suitable for quick, expressive sketching.
- Encourage the use of sketch booking as a daily mindfulness practice.
- Foster a slow, observational approach to art, enhancing mental clarity and relaxation.
- Build confidence in spontaneous, reflective artmaking without emphasis on perfection.

Course Structure:

- **Duration:** 8 weeks (1 session per week, 2 hours each)
- **Format:** Combination of guided demonstrations, individual exercises, and reflective group discussions
- **Sessions Outline:**
 1. **Foundations of Mindful Sketch Booking:** Introduction to materials, breathing exercises, and observational sketching.
 2. **Exploring Watercolour Techniques:** Washes, wet-on-wet, dry brush, and colour blending for expressive effects.
 1. **Nature and Still Life Studies:** Observational exercises to focus attention and encourage presence.
 2. **Capturing Daily Moments:** Sketching urban scenes, objects, or memories to cultivate appreciation of everyday life.
 3. **Layering and Reflection:** Combining sketches with written reflections or mindful journaling.
 4. **Personal Project and Sharing:** Completing a small, themed sketchbook entry and participating in a supportive group reflection.

Intended Outcomes:

- Participants will develop a personal mindfulness practice through art.
- A completed watercolour sketchbook with a series of mindful observations.
- Improved self-awareness, focus, and emotional regulation.

Materials Needed:

- Watercolour sketchbook or heavy paper journal
- Basic watercolour set and brushes
- Pencil and waterproof pen
- Small water container and paper towels

Target Audience:

Adults interested in creative wellbeing practices, beginners to intermediate artists, and those seeking a mindful hobby.

Assessment and Feedback:

- Informal, reflective feedback during sessions
- No formal grading; emphasis on personal growth and mindfulness experience

Facilitator Qualifications:

Subhashini Maniam (also known as Suba Maniam) is a Western Australia-based visual artist, educator, and multidisciplinary practitioner with over twenty years of experience across visual arts, music, and arts education in India, Malaysia, Singapore and Australia. She holds Master's degree in Contemporary Art Practice from the University of Huddersfield, UK. Her practice integrates observational drawing, watercolour painting and sound / music -based artistic exploration, drawing inspiration from nature and cross-cultural artistic traditions. As an experienced workshop facilitator, Subhashini has conducted numerous community and children's art programs across Perth, specialising in watercolour, sketchbooking, plein air and Indianart practices that encourage creative confidence and mindful observation. Her teaching approach emphasises slowing down, sensory awareness, and creative reflection, using sketchbooking as a tool for mindfulness, wellbeing, and personal expression.

Conclusion:

This course offers a nurturing creative space for participants to explore watercolour sketching as a form of self-care and mindfulness. By the end of the program, they will have a tangible record of their journey and a practice they can continue independently.