

Drawing a line with a brush is a wonderful way to work with our body and mind. While being in touch with our own anxiety, frustration and self-criticism, we will follow the traditional way of learning brushwork. We will learn the basic skills and creative process of brushwork by reproducing ideograms from ancient Chinese masterpieces. There will also be time to interpret these works and improvise. We will witness mindfulness, surprise and joy while contemplating how healing and breakthroughs work in our body, mind, society, and the environment. The brushes and materials will be provided and no previous experience of brushwork is needed.

Open evening - Peace Poems & East Asian calligraphy  
Friday 11 August 7.30pm

Saturday 12 & Sunday 13 August  
9.00 am-6.00 pm

# BREAKTHROUGH WITH THE BRUSH

*East Asian Calligraphy  
with Kazuaki Tanahashi*

£70 inclusive of materials  
For more information & bookings  
contact 0208 878 0158  
or [clearly@clairly.com](mailto:clearly@clairly.com)

To register, please send a  
£5 deposit and your name  
and contact details to:

**London Shambhala  
Meditation Centre**  
27 Belmont Close,  
London SW4 6AY

Visit our website at  
[www.shambhala.org.uk](http://www.shambhala.org.uk)  
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