

# Global Mindfulness

A SERIES HOSTED BY THE TTUHSC OFFICE OF GLOBAL HEALTH

## *In Focus: A Mindfulness Workshop Connecting Sight, Art, and Inner Awareness*



**THURSDAY, FEBRUARY 29, 2024**

**11 AM – 12 PM**

**HSC 2B265**

Led by **Kate Peaslee**, Lecturer of Global Art & Visual Culture in the Texas Tech University School of Art

THIS WORKSHOP WILL BE A BRIEF INTRODUCTION TO THE ART OF CLOSE LOOKING AND USING ONE'S SENSE OF SIGHT TO CULTIVATE MINDFULNESS. THROUGH THE ACT OF LOOKING AND THE PRACTICE OF DRAWING, YOU'LL BE INTRODUCED TO RELAXATION STRATEGIES THAT CAN BE APPLIED TO LIFE OUTSIDE OF THE CLASSROOM. NO PREVIOUS ART EXPERIENCE REQUIRED.

THIS GLOBAL MINDFULNESS WORKSHOP SERIES IS **FREE** AND OPEN TO **ALL TTUHSC STUDENTS**.

FOR QUESTIONS, PLEASE EMAIL [GLOBALHEALTH@TTUHSC.EDU](mailto:GLOBALHEALTH@TTUHSC.EDU)