

Reflections at Guild Park

Expressive Art Workshop

Held July 10 & 11, 2022 at
Guild Park's Sculptor's Cabin

Program created & led by
Carol Knowlton-Dority &
Friends of Guild Park

Friends of Guild Park
www.guildpark.ca



At Guild Park Sculptor's Cabin, July 9 & 10

Follow-up to the popular Nature Walk/
Art Meditation at the Clark Centre for
the Arts preview, fall 2021

Program in 2022 expanded into four
2-hour "Expressive Art" workshops

Workshops designed to give adults
"quiet opportunities to be inspired by art
and nature."

Each workshop at Guild Park included:

- a nature / meditative walk
- guided meditation
- experimenting with pencil & pastels



REFLECTIONS AT GUILD PARK

Meditative Walk & Expressive Art Workshop

A special, hands-on program designed for adults
seeking quiet opportunities to be inspired by art and nature.

Includes a nature walk at Guild Park, guided meditation plus
a hands-on art workshop using colourful oil pastels led by
visual artist Carol Knowlton-Dority. No experience needed.

Bring an open mind & good walking shoes. Adults only. All
materials supplied. Space limited. Pre-registration required.



Friends of Guild Park
www.guildpark.ca

**Sat. July 9,
Sun. July 10**

Programs take place

Sat. Morning

11 am to 1 pm

Sat. Afternoon

2:30 to 4:30 pm

Sun. Morning

11 am to 1 pm

Sun. Afternoon

2:30 to 4:30 pm

Each program limited to

10 participants

Adults only

Registration

\$10/person (includes all
materials)

Pre-register at

www.guildpark.ca or

[www.facebook.com/](https://www.facebook.com/guildpark)

[guildpark](https://www.facebook.com/guildpark)

Location

Guild Park & Gardens

at the Sculptor's Cabin

(watch for sign)

201 Guildwood Pkwy.

Free parking

Nature walks led by Friends of
Guild Park president, John Mason

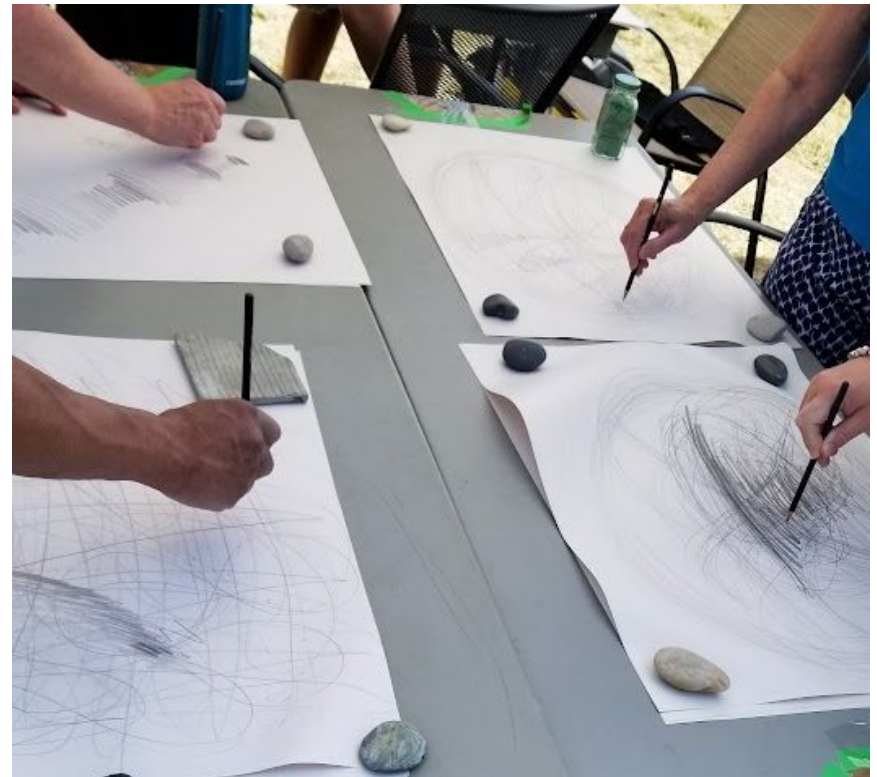
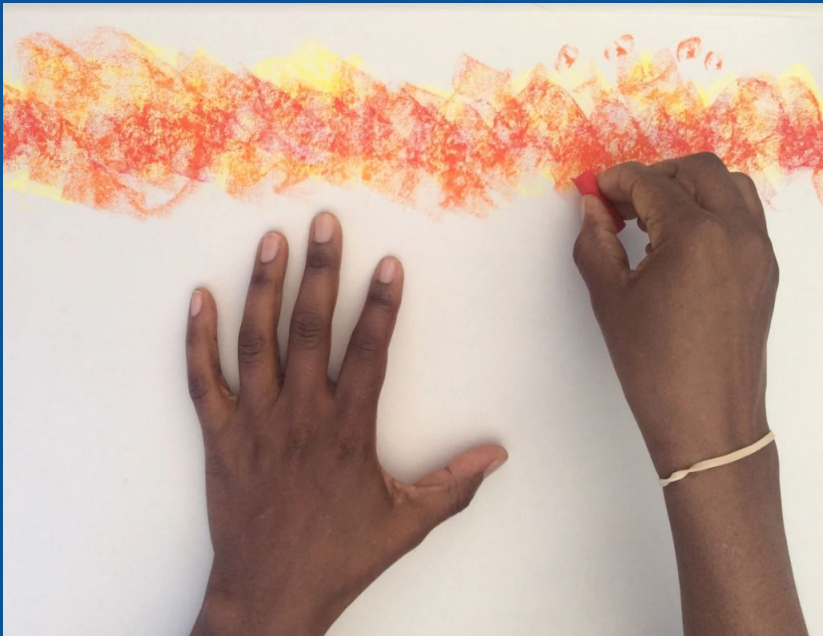
Meditation and art activities led by
visual artist Carol Knowlton-Dority

Expressive Art

An accessible “visual”
language

Focus on

- Exploration
- Experimentation



Expressive Art

- Guided self-discovery process
- People encouraged to express their own experiences, learnings, interpretations



Based on personal expression

- Emphasis on personal exploration, interpretation
- Working with art materials is a tangible way to imagine, see, feel and reflect
- Experience encourages sharing and support among diverse individuals

Program creates a supportive environment where nothing is “judged” right or wrong

The Workshop Process

1. Nature Walk

... to discover different colours and textures outside.

Trees, leaves and natural surroundings all inspire at Guild Park – a place where Art Meets Nature

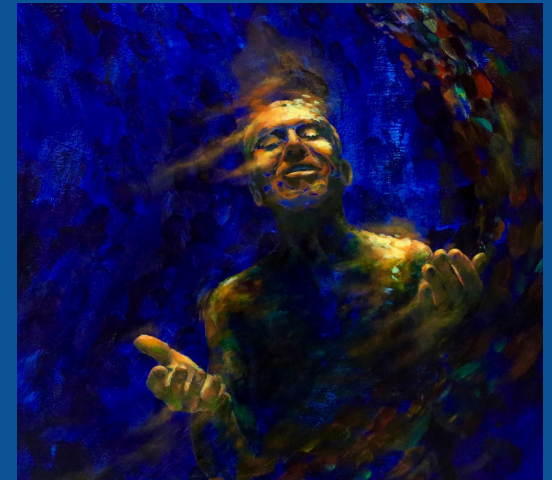


The Workshop Process

2. Guided Meditation

... to discover your own
inner stillness and connections

Taking time to quiet the mind and
be inspired by your heart



The Ask, detail, by Carol Knowlton-Dority

The Workshop Process

3. Expressive Art

... to unleash inner creativity

You can get started by
simply unwrapping a pastel and
“breaking the crayon”



What people said ...



“I feel so free and relaxed”

“I lost track of time”

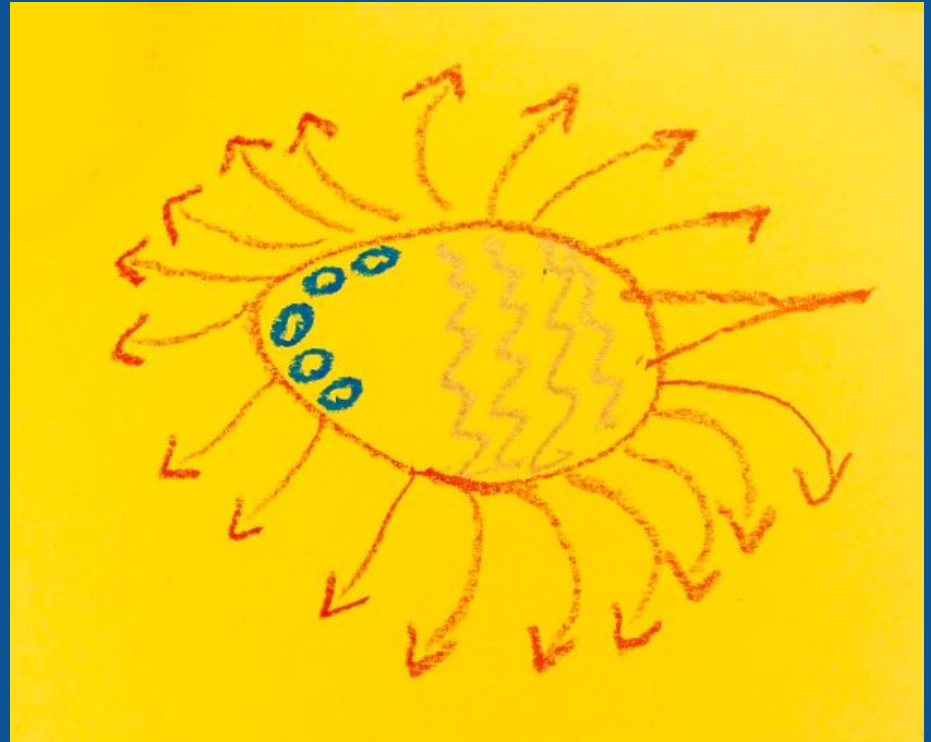
“I haven’t done this for years”

“Will this take place again?”

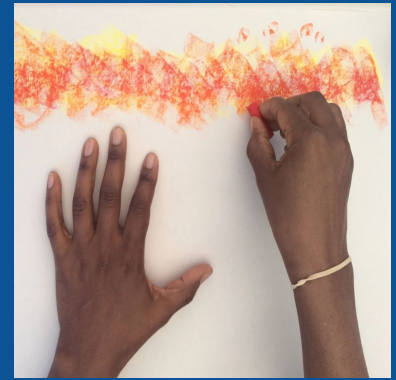
Going Forward

Feedback from pilot program showed how adults are keen to:

- Be part of a guided workshop with diverse, yet like-minded people
- Take time to relax and explore their feelings / experiences
- Use nature as inspiration
- Use art materials in a supportive, playful setting
- Share ideas with others and gain insights through art / self-reflection



This Expressive Art program supports, develops, expands participants' reflective thinking, self-care, appreciation of art and social interaction



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