

S L O W

Handwriting

A CONTEMPLATIVE PRACTICE

Second Annual !

Workshop with BARBARA BASH

Sunday, April 23, 2017, 4:00 - 6:00 pm

1313 Hollis St, Halifax, Nova Scotia

Our handwriting is a form of artistic expression that is accessible, completely unique and reflective of who we are in this moment..

Come drop in to this familiar and close at hand visual voice and discover your creative self again. We will slow down our handwriting - working big, loose and illegible - small precise and clear - with pencils, pens and brushes, exploring our true expression in fresh ways.

Bring a favorite writing pen. All other supplies provided.

BARBARA BASH is a lover of the alphabet, a calligrapher, illustrator, author, teacher and longtime Buddhist practitioner. Her book *True Nature : An Illustrated Journal of Four Seasons in Solitude* was completely handwritten except for the bar code ! She is working on a book about the alphabet and why handwriting still matters. Visit - barbarabash.com

COST : \$20. (\$15. students and seniors)

For more information contact - nicholasmaclean@gmail.com