

St Mary's in the Lace Market

# Meditative Drawing Session at Christmas

£5  
per adult/  
family

**Adult Meditative Drawing**  
Saturday 11th December,  
11am-12.30pm

**Family Meditative Drawing**  
Saturday 11th December,  
2.30pm-4.00pm

Come and join our Artist in Residence, Lorna Hamilton, for a meditative drawing session and find a haven of peace in the heart of the city.

The session will help you embrace drawing in a fresh and inclusive way so that it improves your ability to see beauty in the things we often overlook. For families, the session provides a quiet space to slow down and do something creative together! Even if you're the person terrified to pick up a pencil or someone who practises art regularly, Lorna will help you engage with St Mary's tranquil space to replenish your mind, soul and spirit. All welcome.



To book a session please email [Dillsley@stmarynotts.org](mailto:Dillsley@stmarynotts.org)



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Nottingham NG1 1HN

[www.stmarysnotttingham.org](http://www.stmarysnotttingham.org)

   @StMarysNotts