

NICOLAS LUNA



ENHANCING OBSERVATIONAL SKILLS:
Drawing as a way to foster a deeper appreciation
of our surroundings

Date: Thursdays, June 8, 15, 22, 29, July 6, 13 | Time: 10:00-11:30 AM
Location: Payap Life Long Learning Center and other locations
Cost: 1,800 THB (for 6 sessions) | registration at www.lllpayap.com

Enhancing Observational Skills: Drawing as a way to foster a deeper appreciation of our surroundings.

Presenter: Nicolas Luna

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Location: Payap Life Long Learning Center, Payap University and other locations (will be notified by the presenter)

Cost: 1,800 THB (for 6 sessions)

Course Description:

In this course, we will explore the power of drawing as a tool to sharpen our observational skills and foster a deeper appreciation of the natural world. Based on the insights of American naturalist Peter Steinhart, we will develop our awareness and understanding through drawing as both a skill and a form of Zen meditation.

Throughout the course, students will engage in drawing exercises designed to enhance their awareness, an underutilized human faculty that is crucial for observational drawing. As we improve our ability to see and capture scenes, we will experience the benefits of heightened awareness in various aspects of our lives and work.

Students will also discover the shared attitudinal foundations between drawing, mindfulness meditation, and the scientific mindset, emphasizing the interconnections between these disciplines. By honing our drawing skills, we will deepen our knowledge of the world around us, fostering a sense of belonging and connection to nature.

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