

Meditation with Enso Drawing Workshop taught by Josh Hurtado

This meditation and drawing class will be held at the Dome, 251-B Barretta St. Sonora. Josh's workshops are the careful result of his long-time education with local teacher, Mami Suzuki, who continues to inform his practice. This class is paid for by the #OUT4MentalHealth grant.

Classes are open to any age, adults must accompany children under 12. Class size is 12 to 15 people. TCA is excited to be a part of this program that is made possible from a grant from the Tri-County LGBT Alliance of Calaveras, Amador and Tuolumne.

About the Class

- Welcome/Intro (20 minutes aprox.)

Welcoming people to the workshop as well as an overview of what to expect. Explanation of how meditation works as well as explaining the meaning of enso as a symbol and a practice. Questions are encouraged. Acknowledgements of native land will be included as well as Acknowledgements of Japanese exploitation and cultural importance

- Brief history of Zen Buddhism and the Practice of Enso (10 minutes aprox.)

The history will include important dates and people. When and why the enso came to be used as a tool for meditation. Examples of ensos in modern art and culture.

- Guided Meditation (15 mins aprox.)

The meditation portion of the workshop will be guided by the workshop instructor's voice in person. Silence in the room while the instructor gives direction on deep breathing and how to calm the mind to reach a state of being present in the moment, where one lets go of all distraction and other intrusive thoughts.

- Enso Drawing (15 mins aprox.)

After meditation, participants will prepare the materials provided to draw a circle with a single fluid stroke. It's important to note that drawing an enso is also about accepting imperfection and appreciating whatever happens on paper. After participants have a moment to admire their creation, the instructor will give a series of three prompts to practice enso with concentration on the prompt given. The first "how are you feeling right now" participants can take a pause, then into another enso. The second "what might be frustrating you right now" another enso. "What are you most excited or happy about right now"

- Sharing/Questions/Comments (10 mins aprox.)

Open part of the workshop where participants and instructor share with one another the ensos they've created. Questions and comments. Asking the class "How did you feel before the workshop? How do you feel after?" And if anyone wants to share their experience with the room.

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