



Issue No 17

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NEWSLETTER

This week we began our Art and Astronomy module. The module is delivered by The School of Physics, NUI Galway, and presented and curated by art consultant Finbar McHugh and PhD student Adriana Cardinot.

We began the session with some mindful meditation to help focus our minds.

Finbar led the meditation by asking us to clear our mind of distractions. He told us that working with the breath was a good baseline technique to work with before a period of creative engagement, because it is about

gathering and settling the mind.

After our meditation, we were given some paper to frame with tape. We were then given the freedom to experiment with chalk pastels. Playing with colours and discussing the different colours in space was so much fun! We used a combination of blending and unblending the pastels to give our work greater variety, softer edges and more unified areas of light and shadow.

We had great fun and all participants really enjoy the session!



YOUNG HEARTS PROJECT



ART & ASTRONOMY

With Finbar McHugh
and The Centre for
Astronomy, School of
Physics, NUI Galway



