



Drawing Meditation Workshop: Mindful Creativity G26070303

with Maureen O'Neill
July 19–25, 2026

Welcome to Drawing Meditation Workshop: Mindful Creativity!

An immersive week of mindful creativity with Maureen O'Neill

Set in the stunning landscape of the high desert, Ghost Ranch offers a beautiful and sacred space to slow down, breathe, and encounter both ourselves and the natural world around us. The Drawing Meditation Workshop is a weeklong immersive experience that combines guided meditation, breath awareness, intuitive mark-making, and slow-seeing. Through creative investigations using pastel, charcoal, and graphite, participants will explore drawing as a meditative, healing, and transformative practice.

Each session begins with guided meditation, breathing, or mantra repetition to center attention and release expectations. From this state of awareness, we'll move into a variety of drawing approaches—observation, abstraction, and memory—using charcoal, graphite, and soft pastel. Writing reflections



and group discussions will deepen understanding and help integrate the experience.

Designed for all levels of experience, this workshop emphasizes process over product—the now rather than the later—inviting participants to reconnect with their intuitive spirit and the living landscape of Ghost Ranch.

All levels of experience are welcome.

Itinerary:

Daily Meals:

Breakfast: 7:30 – 8:30 AM

Lunch: Noon – 1:00 PM

Dinner: 5:30 – 6:30 PM

We will meet each morning after breakfast at 9:00 a.m. and work until noon. Afternoons are open for rest, exploration of the ranch, or continued work in the studio. Evening sessions from 6:45–8:00 p.m.

Will offer time to share, reflect, and integrate the day's experiences.

On arrival day, we will meet for dinner in the dining hall and have a brief introduction.



DAY 1 – Coming into Presence, Meditation, and Mark-Making Exploration

DAY 2 – Slow-Seeing, High Desert Inspiration (Slow-Seeing and Responding)

DAY 3 – Color and Intuition: Absorption and sustained attentiveness with observed color and intuitive responses to the landscape.

DAY 4 – Memory and Meaning: Building Slow drawings through layering and collage.

DAY 5 – Integration and Ritual, Embracing Drawing Meditation Practice for life after the workshop.