



Drawing Meditation Workshop: Mindful Creativity

G26030301

with Maureen O'Neill

March 15 - 21, 2026

Dear Workshop Participant,

I am so excited to meet you and share this week together in the wonder of it all at Ghost Ranch! The Drawing Meditation Workshop invites us to slow down, breathe, and reconnect with the creative process as a form of presence, reflection, and renewal.

Each day will begin with guided meditation and breath awareness, followed by drawing explorations using charcoal, graphite, and pastel. We'll experiment with intuitive mark-making, observation, abstraction, and memory—allowing drawing to become a meditative and expressive practice. Woven throughout our time together will be group discussions, journaling, and opportunities for personal reflection. The emphasis will be on process over product—the now rather than the later—encouraging each of us to draw from the strength and wisdom of our intuitive spirit.

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.

The following materials list will provide what you'll need for class. Please feel free to email me directly with any questions you may have. I'll also send an



additional list of recommended items to help make your stay in the high desert comfortable and inspiring.

I can't wait to draw, breathe, and create with you!

Warmly,

Maureen T. O'Neill

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Materials to bring:

- 1 pack of Vine charcoal
- 1 pack of compressed charcoal
- A starter set of soft pastels
- Watercolor set
- 1 large kneaded eraser
- Small sketchbook (at least 6x9")
- Bring any additional materials you may have that you like to use – pencils, markers, oil pastels.
- The instructor will provide the drawing paper in bulk and have extra materials from the list.

I made a material list on Dick Blick's website. You can order these items and have them shipped directly to Ghost Ranch to arrive the week before the workshop begins. You can also choose to purchase items at another art supply store. I supply large drawing paper for all participants and will have extra supplies for the class. Use this list as a guide:



<https://www.dickblick.com/lists/wishlist/RJJ12AJ2L6VTQ>

Shipping Address:

Your Name

Ghost Ranch (Drawing Meditation Workshop)

280 Private Drive 1708

Abiquiu, NM 87510-2001 USA

Additional information for Arrival, Departure and Materials

Sunday, March 15th is our day of arrival. Check-in begins at 3 PM in the Welcome Center (Headquarters) of Ghost Ranch. On Sunday evening, our group will meet at dinner (5:30-6:30 pm) in the Dining Hall, followed by a brief orientation given by Ghost Ranch. Afterwards we will plan to meet in our workspace for the week for our own introductions and orientation to the class. Often, participants are tired from a long day of travel so we won't keep you too long. Our final full day of class is on Friday, March 20, the following day we will be checking out by 10 am. See below for a tentative schedule of the daily sessions for the week.

*Also, I recommend -if your schedule allows, spending a day or two in Santa Fe before the workshop. It will help you acclimate to the altitude and give you a chance to explore the beautiful city. I most likely will be doing this and staying at the Santa Fe Motel, <https://santafemotel.com/> It is a sweet affordable motel within walking distance to the main plaza!



Class Schedule:

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

Monday – Coming into Presence, Meditation and Mark-Making Exploration

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

Wednesday – Color & Intuition: Absorption and sustained attentiveness with observed color and intuitive responses to landscape.

Thursday – Memory & Meaning: Building Slow drawings through layering and collage.

Friday – Integration & Ritual, Embracing Drawing Meditation Practice for life after workshop.