



Drawing Meditation Workshop: Mindful Creativity G26070401

with Maureen O'Neill
July 26–August 1, 2026

Dear Workshop Participant,

I am so excited to meet you and share this week together in the beautiful and sacred landscape of 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 attached 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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Supply List

- 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.

Workshop Schedule

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.

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

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

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