

SPECIFIC DRAWING SESSIONS FOR POST LOCKDOWN TIMES DESIGNED BY

The Spanish Portrait Painter

Mercedes Carbonell



Enjoy authentic self-expression through inspiring, relaxing and entertaining Drawing sessions at your facilities run by me for you!

Regardless of your skill level or age, you are a creative individual. Let me be with you when you release your creativity. I could learn from you!

And I can teach you the skills of drawing if you wish. Tuition will be one to one and I will support you individually. I have several 'tricks' that will make you feel confident and at ease. You will be drawing with your eyes and not with your hands.

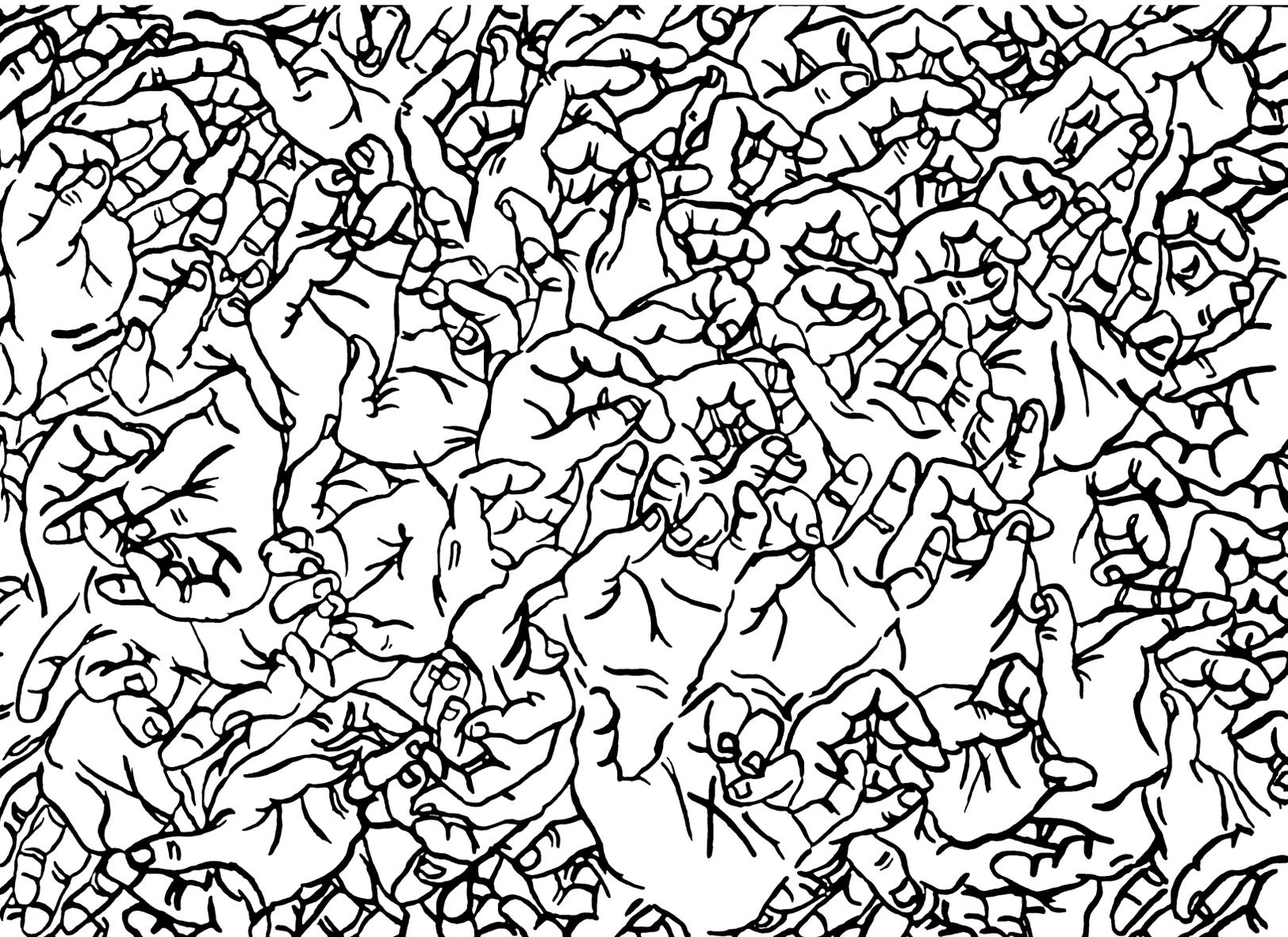
Drawing is a skill and nothing more than that. It is like driving. Driving is a skill you learn and when you are particularly special at it you become a Formula 1 driver.

It is like dancing. We can all learn to dance, one better than others, check Nureyev!

Walking, Dancing, Running, Driving, Swimming, Hiking, Ace Throwing, Shooting.... they are all a continuous "Draw in the Space" with our bodies and tools.

Everyone can draw. No mystery about it. You just draw and draw and draw and learn from your mistakes and.... From other people's mistakes. When your mistakes and your achievements are only yours you are then developing "a style". But this is not important NOW.

Now. After the Lockdown. Now. Now we have an urge to express ourselves and most of us don't have the tools to do it. Drawing can help.



"My left hand is a part of me that is full of expression. Unlike my eyes I can directly observe this expressiveness without viewing it in a mirror. My hand is my muse. It poses, relaxed, for me. I have done this exercise so often that I sometimes resume it by first drawing a line at random. I then bring my muse up close, and complete my new depiction." Mercedes Carbonell, 2018 [My Hand my Muse](#)

By the act of drawing you are both a winner and a loser.

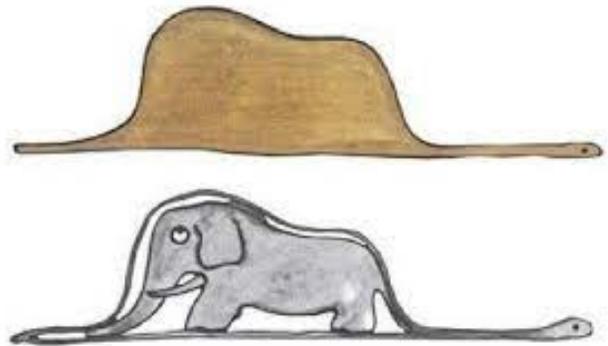
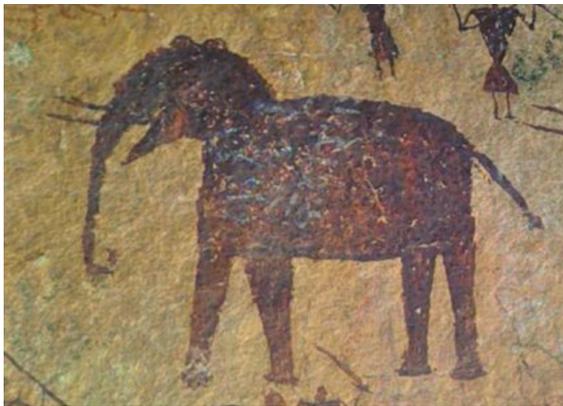
A winner because you will be embracing something new to you every single time you are in front of a blank surface, even if you do it every day for a hundred years.

And for a hundred years you will be a loser, losing and releasing feelings that are too heavy to carry around and that darken the paper on which you draw. By drawing you are erasing, erasing feelings you want to get rid of from your life.

By the act of contemplating what you have done you will be observing those feelings that made you draw them and you will be aware of them and able to recognise them in the future. You will have become your own Art Critic! The drawings in front of you will be memories, memories that you will cherish or not and at some point you might even feel they were done by someone else. And your self importance will vanish.

Drawing as Meditation, Drawing as Erasing

First writing of the human being, first expression of the human being was Drawing. This kind of writing is very direct and kind of spontaneous. Just think of how often we find ourself scribbling on pieces of paper.



There are many therapies that involve working with colours. But drawing allows visual intelligence to interact with our visual thoughts in a smarter way. And the reason I have always been very focused on teaching to draw properly is because of the many previous drawn sketches that usually artists keep for themselves. They are the way an artist, in a solitary process, has been deciding what to do or not to do in the final painting. By talking to him through the sketches, he has been communicating with himself.

You should know how to draw a car as you should learn how to drive it. Drawing makes us see things more clearly. The simpler you make your drawings, the more they will comfort you, even if you are reflecting a very messy chaos, internal or external to your being. Once you teach your eyes to see correctly you will be meditating. And Meditation creates clarity, it cleanses your mind so that there is room and space for your hidden emotions to come out loud. As they should, specially at these times when

we are angry with mixed feelings about the unreal situation *Covitism* has created. We need to cherish this anger by giving it a space in our lives, in our drawings. Our anger is here to protect us and to tell us that it is not only okay to be upset but that we have won the right to be upset with honours.

“We all have 10,000 bad drawings in us. The sooner we get them out the better” - **Walt Stanchfield**

To achieve this in the shorter period of time and in an efficient way I believe it would be very interesting to bring Aromatherapy into the class in the form of essential oils. Inhaling the aromas from essential oils stimulate areas of the limbic system, which is a part of the brain that plays a huge role in emotions.

This will also mean an olfactory training for those in need of regaining their sense of smell after suffering from Covid 19. We can have aroma diffusers with essential oils with antiviral, antibacterial and anti fungal properties to keep the air clean.

If people want to bring a drink we could have a Francis Bacon approach and I will not forbid it. He used to say that you are less critical when images come to you if you are drunk. Sense of humour is as important to me as to say ONE drink should be enough to make you lose your inhibitions about drawing.

FAQ

Can I just come, have a drink and look?

Yes, you are most welcome to do so. Drawing is a sensual act. You can look at people doing it for hours. Our brain is so smart that it makes us think it is actually us doing the work, which is quite satisfying.

If after your drink, you don't find it satisfying, it is because you think you can do better. Your time to draw has come.

Make it epic.



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I have a Bachelor's Degree in Fine Arts from University of Seville, Spain and a Post-Graduate Certificate in Education from the Spanish Institute of Educational Sciences. In 1994 I developed a teaching method which I implemented in an Art School that I founded and run for 20 years in Seville, Spain. You can find information and references in this [link](#). They became so popular that I we even got a review in El Pais Newspaper. [Click here](#).

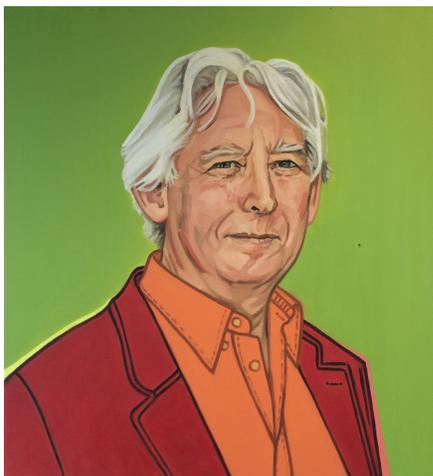
My personal speciality is portrait painting, for which I have gained a certain distinction. In 1998 one of my self-portraits was chosen by the Spanish government to commemorate the centenary of the death of Federico García Lorca. A number of my students in Spain have gained distinction as artists as a result of my tuition: Pereñiguez, Rosa Aguilar, Miki Leal and Pilar Albarracín, for example. Regarding Aromatherapy, I have done a course on French Aromathology with Anne Bernabeu.



"The important thing is to keep on drawing when you start to paint. Never graduate from drawing."
John Sloan



TO DISCUSS BEST WAYS TO PERFORM THIS COURSE AND ADAPT IT TO YOUR NEEDS PLEASE SEND ME AN EMAIL TO ARRANGE A MEETING.



"Drawing is vision on paper." Andrew Loomis

