

Calligraphy as Meditation

Introduction

Approached as a process of personal exploration, calligraphy becomes a way to discover your uniqueness and give it expressive form. Engaged as an embodied practice, you connect with yourself by coordinating your breath with your senses of touch, movement, and sight.

Through calligraphic exercises, you develop skill while awakening your creativity and spontaneity. Conscious breathing helps focus the mind and energize stroke and letter making. This calligraphic practice gives letters life and, in the process, you enhance your vitality.

Calligraphy as Meditation 1: the joy of movement

September 13, Thursday

We begin by getting comfortable and paying attention to posture. We do a breath and body exercise to warm up and relax. Through your first tool, what I call the Prototool—your index finger—you connect body and breath to the basic calligraphic action: directing a stroke. This direct, unmediated experience with your body as tool prepares you for using actual tools as extensions of mind, body, and feeling. Picking up our first tool, the simple pencil, we're ready to explore letterform and spacing as rhythmical, creative acts.

Calligraphy as Meditation 2: making contact

September 27, Thursday

Now, movement awakens our sense of touch and we focus on the quality of our contact between body, tool, and writing surface. Developing tactile awareness brings us vividly into the present moment. It prepares us to create the basic calligraphic element—the living stroke—as a fully engaged expression of our wholeness. Using the Conte crayon, a tool with “bite,” you can actively experience the pleasure of stroke making: of modulating pressure to direct the stroke and feel it as the embodied, gestural expression of calligraphy.

Limited to 10 participants. Call Gina to register: 904-679-4610. Supplies provided.
Gina's book, *Calligraphy as Art and Meditation: A New Approach*, will be available for purchase.

Gina Jonas has been a professional calligrapher for 41 years. She has taught classes, workshops, and private students. She is the author of *Calligraphy as Art and Meditation: A New Approach*, *Finding the Flow: A Calligraphic Journey*, and *Hebrew Calligraphy Styles*. Gina sees her role as that of guiding students to their own, unique experience.