

AL13 Your Brain On Art. How the Arts Transform Us. An Artist's Response

Jim Bennett, Artist & Author

Wednesdays, 2:45 Classroom C

Compelling research shows how our brains and bodies are transformed when we participate in the arts. This knowledge can improve our health and enable us to flourish.

This course is a series of eight demonstrations with guided art activities.

- Sessions: 1. Introduction/ Overview,
2. Making your Mark -- A Dance of Lines,
3. The Touch of Textures,
4. The Nature of Shapes and the Shapes of Nature,
5. Color Our World,
6. Concepts of Correct Composition,
7. Seeking Spatiality
8. Life of Dreams and Dreams of Life

Materials: Students should bring their choice of drawing materials (pens, pencils, colored markers, paper, etc.