

Embodied Drawing –

An online gestural drawing course embracing the physicality of drawing on a large scale

January 18th - 20th 2021 (Monday – Wednesday)

Tutor – Katie Sollohub (live streamed from the large space of Seawhite Studio in Partridge Green) Assisted by Emily Ball and filmed by Luke Stuart Course fee - £165.00

This course is for students wishing to expand their drawing practice and find new limits, beyond the scale of your average drawing, by working large, freely, involving body and breath. You will be your own model, working on 2 or 3 large scale drawings, and guided by Katie's exercises and meditation. She will encourage you to experiment, layer, develop and change the drawings over the course of 3 days. Imagine shutting your eyes, and drawing yourself from the inside out. What does it feel like to be standing here, like this, breathing, still, steady; and now, on one leg, stretching out to the top of the page, then crouching, curled into a tight ball, charcoal crunching underfoot? Working intuitively, drawing can be like a dance; full of movement, breath, weight, balance, repetition, grace, or even imbalance and clumsiness. By connecting the process of drawing to our own physicality, we can harness directly the power and sensations of the body to create marks; to fill space, to rub out, to scratch the surface, make our mark, to press into, walk through, push, pull, fight with, or dance, find harmony or discord, create movement or find stillness. You might then cut up the large drawings, start again with collage, using the fragments to make smaller work. The outcome is perhaps not important, it is more about the process than the product in this course. However, the results may surprise and inspire you in your approach to drawing and painting beyond the course, helping you to discover a fresh way of working from the figure, reinventing your visual response to the physical body.

(Artists you can refer to;

Avis Newman - fragmented figure (1980s work)

Julia Mehretu - massive scale wall drawings, space, line, layers

Amy Sillman - large expressive paintings often starting from quite cartoon like figure drawings

Gail Elson - Emily's colleague, who dressed in flouncy skirts and high heels to paint a self portrait - in Emily's book - "Drawing and Painting People" Crowood Press (available on Amazon)

John Virtue - large scale black and white paintings, often destroys most of the work, only keeping a section

Devra O'Shea - large wall based drawings, layers, suspended, transparencies

Rebecca Horn - Bodyscape drawings using her body gestures, making tools or machines to attach to the body, body extension

Jenny Saville - her drawings of herself with a baby in her lap - charcoal, moving, layering, rubbing out

Alice Kettle - large scale thread and free stitch drawings on fabric, figurative, colour

Hughie O'Donahue - large canvas in the corner of his studio for a year, on which he painted over and over again, taking risks, covering over, helping his other paintings along the way

Rachel Whiteread - sculptural forms, casts of spaces eg under desks

Louise Bourgeois - 3d sculptural work about the body

Tracey Emin - large drawing/paintings about the figure, self, narrative

William deKooning - large, collaged, figure paintings

Matisses - cut outs, blue nude

Course details

- A daily 2 hour live group tutorial each morning from 10 – 12. Katie will do demonstrations, lead meditations, and guided exercises. From 12 – 12.15 there is the opportunity for a question-and-answer session
- Emily Ball will also be asking part in the studio creating drawings in response to Katie's guidance and instructions. She and Katie will discuss the ongoing process with helpful

observations about the work as it unfolds, but also reviewing the knock on benefits of working in this way for future work.

- On day 2 and 3 there will be the opportunity to talk in smaller groups with fellow participants using 'breakout room' on zoom. This will be scheduled for 12-12.30 pm on day 2 of the course, and at the end of the day 3.30-4pm on day 3, although will probably take less time. We will allow a few minutes for small groups to discuss the work, given prompt questions from the tutor. Followed by an optional group chat in the main 'zoom room'. This provides an all important chance to talk to your peers, just as you would in a teaching studio, about your own particular experience of the day/course. We will expect all of you to participate, but understand this may not suit all of you, and there will be options for individuals to opt out of this as desired
- It is possible for you to record each live workshop onto your own device, so that you can watch it again to refresh your memory of the exercises and suggestions.
- If you have limitations where you can work, whilst still having internet access, then each session will be recorded for you to watch again and follow in your own time. We can provide you with a link so that you can watch the workshop again if it is not possible for you to record the session. *(This link will only be available for 30 days after the course ends).*
- Katie will offer suggestions as to how you might continue working on your own for the rest of the day.
- At the end of each day, 4.30/5pm, you will be encouraged to email us just 2 photos of the work that you have done that day. Please email to gallery@emilyball.net These will then be put into a gallery on the website for the whole group to see. This also gives the tutor the opportunity to look at your work and tailor the workshop to every ones needs. To find the course galleries on the website use this link
- <https://emilyballatseawhite.co.uk/course-gallery/course-gallery.html>
- There is a Facebook group page created for students on this course. You can add photos of your work here and give each other feedback. Please add a friends request to **Embodied Drawing online.**
- How much work you do is up to you, but we have found that these untutored sessions where people are working in their own space to be an invaluable bonus to the online courses - you are guided into the process, but then essentially, you are working alone in your space, which is after all where most of us work, and often get stuck. By working in this way for 3 consecutive days you might find some really creative breakthroughs occurring.

Online live sessions

We will be using **Zoom** for our Video Communication. It is really easy to use. If you are not familiar with it then perhaps practise with family and friends. You will be emailed a password and login a few days before the course to enable you to join the meeting at the specified time. This will be the same for each of the 3 days. Katie will be online from 9.30 am to enable you to check in and be ready for a prompt 10am start. Please log into the meeting no later than 9.50 so that any technical issues can be ironed out before the class begins.

Preparing for the course

Your space

In this 3-day course you will need enough space to work large, ideally using both wall and floor space - NB this doesn't need to be a huge studio, it could be a roll of paper pinned to a door, and

spread across the floor, or stuck to an upended table, with enough floor space even if it means working on the floor, under a table. Anywhere where the paper, and your body, fits, is going to be ok. We suggest getting a roll of paper as wide as you have space for and 10m in length (although you won't necessarily be using all of it!).

Options that Seawhite sell are:

Fabriano 200gms rolls that you can cut to suit <https://www.artesaver.co.uk/Catalogue/SURFACES-MOUNTING/Papers/Paper-Rolls/Fabriano-200gsm>

Seawhite 220gms rolls <https://www.artesaver.co.uk/Catalogue/SURFACES-MOUNTING/Papers/Paper-Rolls/Seawhite-220gsm-All-Media-Cartridge>

Or if you do not have much space to work you could work on thinner, narrower paper rolls

Seawhite 140gms (63 cm x 10 m) which could fit well on the back of a flat door. <https://www.artesaver.co.uk/Catalogue/SURFACES-MOUNTING/Papers/Paper-Rolls/Seawhite140gsm-All-Media-Cartridge>

Materials

You will need:

- Enough paper for at least 3 drawings of this scale (for wall, floor, or ideally both).
- Plenty of charcoal and other drawing materials eg pens, posca pens, pencils, chalks (black and white or colour, the choice is yours)
- Inks if you have a space you can get really messy
- Black and white paint for editing, again if space allows
- Black and white paper, and glue for collage editing - sticking on scraps - a bit less messy!
- Rags, drawing and painting tools, hand made tools, household tools - to make marks with e.g brushes, scrapers, broom, mop, twigs
- Additional props could include lighting, a mirror, costume (a hat, a feather boa, old clothes, some uncomfortable shoes), fabrics to wrap yourself in, household objects around you in your home/studio
- Sewing materials could be an optional extra for making marks in stitch

If you need to stock up with materials then Seawhite can deliver an order to you. If you use the code EB10 you will receive a 10% discount when you purchase materials through Artesaver <https://www.artesaver.co.uk/>

Embodied Drawing - Online

Day one: Monday 18th January 2021

Time	Activity
10 - 12	Introduction Drawing warm ups - confident line and mark making Meditation - body scan Drawing in relation to sensations in the body Drawing in relation to our perception of the body Changing the position and location of the body <i>Drawing in your own time and studio for the rest of the day. At 4.30/5pm photograph your work and email just 2 images to gallery@emilyball.net Please make sure that the files are not too big, are attachments and jpegs.</i>

Day two: Tuesday 19th January 2021

Time	Activity
10 - 12	Meditation in movement
	Developing the idea that the body movements transfer directly to the drawing Turning, moving the body, specifically to make marks, relating to dance or other familiar/unfamiliar movements Using lights to cast shadows Wrapping your body in clothes or fabrics to restrict movement, and alter sensations <i>Making tools, extending the body, changing weight and gesture of mark. At 4.30/5pm photograph your work and email just 2 images to gallery@emilyball.net Please make sure that the files are not too big, are attachments and jpegs.</i>

Day three: Wednesday 20th January 2021

Time	Activity
10 – 12	Meditation about space, and where you are today
3.30 - 4pm	A series of fast studies about your surroundings - visual, senses, sounds, touch Using these studies to change the ongoing drawings, with collage, editing, drawing over, rubbing out Cutting up one of the drawings - using it to start a new drawing, or collage over an ongoing drawing, or as smaller pieces to develop. Playing with other processes, stitch, collage, folding, 3d to make new creations from the cut up pieces. Join us back at the studio at 3.30 for a discussion about the outcomes of the course and the potential of the processes to feed and expand your own creative practice. <i>At 4.30/5pm photograph your work and email just 2 images to gallery@emilyball.net Please make sure that the files are not too big, are attachments and jpegs. THESE ARE FOR SHARING WITH THE GROUP AND GENERATING PEER FEEDBACK. THERE WILL NOT BE INDIVIDUAL FEEDBACK GIVEN FROM THE TUTOR AT THIS STAGE, UNLESS YOU SPECIFICALLY REQUEST IT, AS THE WORK WILL BE MORE ABOUT PROCESS AT THIS STAGE</i>

Katie makes reference to online dance classes that may be of interest to you:

Full Moon dance is 5 rhythms, women only, once a month - see newsletter below
<https://fullmoondance.co.uk>

Sarah Davies is an artist and dance therapist based in Forest Row, now running courses online
<http://waveofenergy.co.uk>

Cathy Ryan does weekly drop-in sessions on Monday evenings <http://www.humans-being.co.uk>

Deborah Jay Lewis does weekly drop ins on Tuesdays, but you have to join your first session on the first Tuesday of the month, after which you can drop in when you want
<https://www.vitalmoves.co.uk/vessels-of-love>

They are payment by donation, or a set fee, details found on their websites.