Atelier Praxis - Theorie U

Movement and Drawing Conversations for Profound Change.

Creativity, Awareness and Action
Allie Middleton and Roberta Faulhaber
25 April 2016
Paris
Allie Middleton - Integrative Leadership Practices
Thinking by drawing activates observation, presence and action
Contour drawing

Activate seeing and sensing

• A contour is where two surfaces meet.
• Feel the contours of your hand with your pencil.
• Don’t look at the drawing!!!!
• Draw very slowly - 1 mm per second!
all
you
need
is
less
all you need is less
Drawing negative space

The power of “Ma”

- Draw the contours of EMPTY SPACE
- You can look at the drawing
- Draw very slowly - 1 mm per second!
Listen
What’s in the Way?

Where am I Stuck?

Coincé?  Où?
Gesture drawing
Seeing/feeling/drawing the movement
Gesture drawing

Stuck

• You have 1 minute to draw the entire gesture!!!
• Feel the weight, pull and action of the gesture in your own muscles.
• Draw three stages
• Ignore contours - draw the inner force.
Key Word Check-Out

What inspired you?

What challenged you?

What surprised or delighted you?

What moved you deeply?
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