

INTRO TO MINDFUL DOODLING WITH EMILY BEE

**LOOKING TO RELAX, ENGAGE YOUR CREATIVITY
& IMMERSE YOURSELF MORE FULLY IN THE
PRESENT MOMENT? STEP INSIDE THE MAGICAL
WORLD OF MINDFUL DOODLING, WHERE
ENDLESS CREATIVE POSSIBILITIES ABOUND!
DOODLING IS A WONDERFUL TOOL FOR STRESS
RELIEF & SELF-EXPRESSION.
CREATE SOME DYNAMIC DOODLE DRAWINGS
THAT ARE THERAPEUTICALLY, UNIQUELY YOURS!**

***SATURDAY
SEPTEMBER 5TH,
2026***

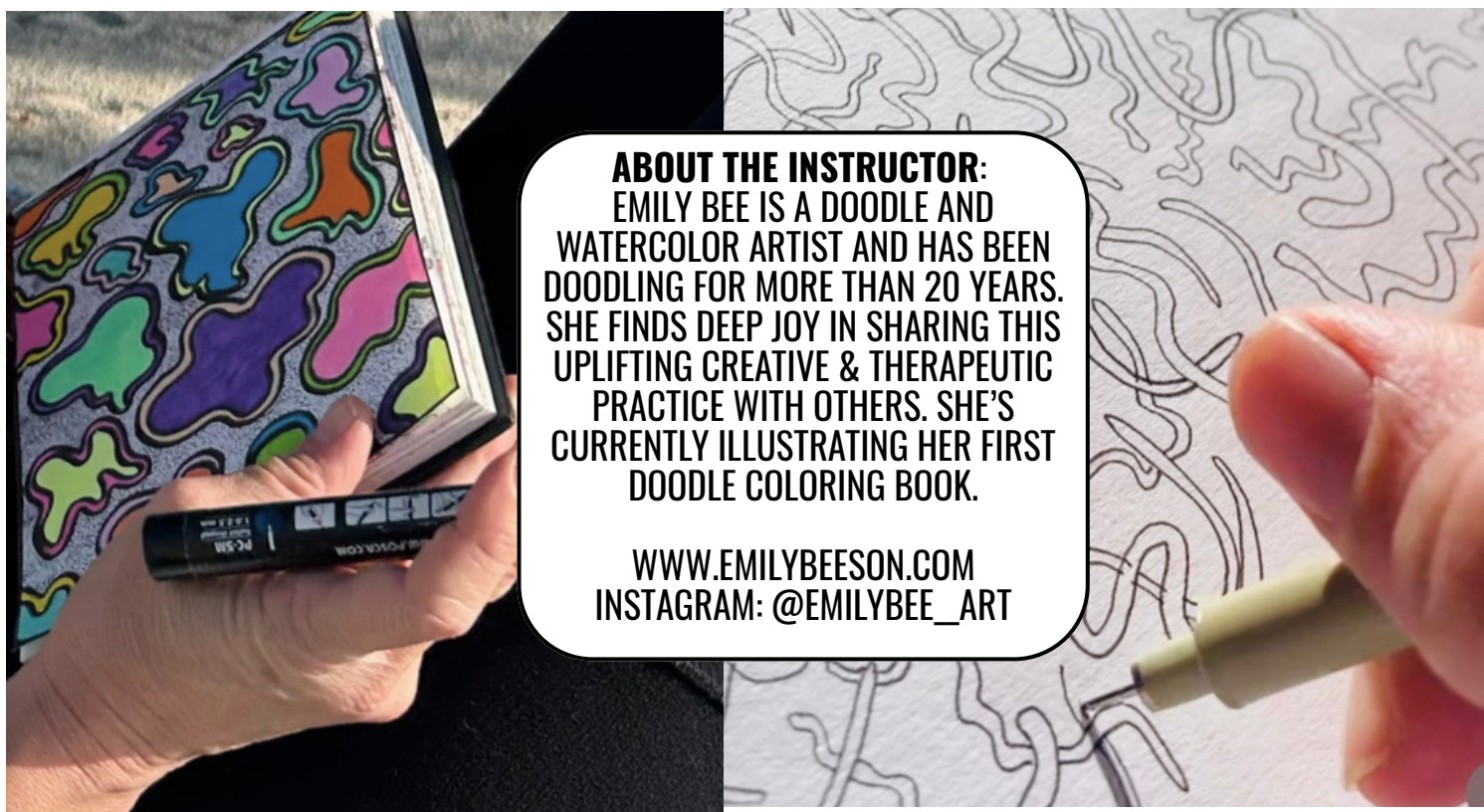
**10:30 AM - 12:30 PM
\$55**



**Art & Frame
of Sarasota**

MATERIALS LIST

- **3 OR 4 BLACK FINE LINER PENS IN 2 DIFFERENT SIZES (.005-.08 TIP SIZE) MICRON, PENTEL ARTS HYBRID TECNICA OR MOLOTOW ARE ALL RECOMMENDED BRANDS**
- **3 OR 4 POSCA PAINT MARKERS (RECOMMENDED) IN ANY COLORS YOU LOVE OR ANY SET OF MARKERS YOU LOVE.**
- **THREE SHEETS BRISTOL OR FABRIANO SMOOTH PAPER 9" X 12"**
- **PAINTER'S TAPE - ANY THICKNESS - FOR DIVIDING ONE PIECE OF PAPER INTO A GRID OF SMALLER SEGMENTS**



ABOUT THE INSTRUCTOR:
EMILY BEE IS A DOODLE AND
WATERCOLOR ARTIST AND HAS BEEN
DOODLING FOR MORE THAN 20 YEARS.
SHE FINDS DEEP JOY IN SHARING THIS
UPLIFTING CREATIVE & THERAPEUTIC
PRACTICE WITH OTHERS. SHE'S
CURRENTLY ILLUSTRATING HER FIRST
DOODLE COLORING BOOK.

WWW.EMILYBEEON.COM
INSTAGRAM: @EMILYBEE_ART

CALL 941-366-2301 TO RESERVE YOUR SEAT!

**This workshop is beginner
friendly! Suitable for all
skills levels.
Adults + Teens welcome.**



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