DENVER art MUSEUM

100 W. 14th Avenue Pkwy
Denver, CO 80204-2788
720-865-5000
DENVERARTMUSEUM.ORG

Painting: Flow State

Ruby Red Workshop
Saturday, 10:30 am – 2:30 pm
March 6, 2027
Educator: Sarah Darlene, studio@sarahdarlene.com

CLASS DESCRIPTION

Flow State is a 1-day abstract painting class that explores the connections between intuitive painting, mindfulness meditation, and community. Students will learn how to combine abstract painting and drawing skills with mindfulness meditation techniques. Each class will present different ways this hybrid practice can be used to hold space for ourselves and each other. Students will work individually and as a group using acrylic paint, pastels, paper and canvas. This class will connect to abstract works in the Denver Art Museum collection, including pieces by artists like Mark Bradford, Elaine de Kooning, Joan Mitchell, Sam Gilliam, Shinique Smith, and Sonia Gechtoff.

Pricing:

Museum Friend: $95 / Member: $100 / Student: $100 / Non-Member: $110
**Price includes a $30 Studio Fee for provided materials.*

Refund and Class Cancellation Policy:

The Denver Art Museum adheres to a no-refund, no-exchange policy. If you are unable to attend, please consider your payment a tax-deductible donation.

If a class or workshop is cancelled by the Denver Art Museum due to inclement weather or teacher illness, a make-up day will be scheduled on a later SATURDAY as the educator's schedule allows.

Accessibility Statement:

To request large print materials, a sign language interpreter, CART or any other accessibility service, please email Access@DenverArtMuseum.org at least ten

(10) business days in advance of the program. We will make every effort to provide accommodation for requests made outside of that window of time.

Please see further information about accessibility, parking, and directions to the DAM here: https://www.denverartmuseum.org/en/accessibility

Materials:

All materials will be provided for this workshop and are included in the Studio Fee of $30.

What to Expect:

Students will be led into the galleries at the beginning of the workshop to observe and discuss one work. The selected work will serve as an introduction to and inspiration for the exercises that will be practiced that day, which will include guided meditations, gestural painting prompts, and group reflections. While each week will be a different experience, students can expect to:

- Be guided through various meditations as a group with visualization and mindfulness-based techniques.
- Practice guided, individual meditative painting/drawing exercises on paper.
- Create a large-scale group painting on canvas.
- Reflect on the day's work in a group discussion at the end of each workshop.

Students will walk away with a series of personal abstract paintings on paper, a set of creative meditations to use in everyday life, and the opportunity to co-create a large-scale group painting with others. The large group painting will require participants to work on the same surface at the same time in some instances.

No prior painting or drawing skills are required. No experience with meditation or mindfulness required. This class is open to all skill levels.

Educator:

Visual artist, Sarah Darlene, explores the functionality of abstraction through a feminine, queer, and contemporary perspective. Her work investigates the intersections of painting, social practice, and meditation and their collective ability to promote self-reflection, cathartic healing, and true social change. Palmeri holds a Bachelor of Fine Arts in Painting and Drawing from Louisiana State University, and an Executive Certificate of Nonprofit Management from the University of Notre Dame. She has been a member of Strangers Art Collective

since 2015 and is a former Artist in Residence at RedLine Contemporary Art Center in Denver. Her work has been exhibited throughout the United States and Iceland.

www.sarahdarlene.com

WORKSHOP SPACE POLICIES

About:

The Ruby Red Workshop is a dedicated space for Creative Classes and adult programs located on the first floor of the DAM's Martin Building. Students can expect a traditional style art workshop with tables and four-legged chairs with backrests. There are a variety of other seating options available. Sinks, soaps, paper towels, and waste receptacles are accessible in the workshop. Restrooms are located in the elevator bay just outside the workshop entrance. Food and beverages are allowed inside the workshop space, please ensure that you do not enter any galleries with these items.

Each class is different and does not follow a strict or set structure, but will generally include instructor presentations and demonstrations, class gallery visits to view artworks in the DAM collections, individual work time supported by class instructor and assistant, and discussion or share-out time of finished works and works-in-progress.

Cleanup:

Please remove all artworks from the classroom at the end of each class. If wet paintings or in-progress artworks need to be stored in the classroom, there is limited storage on drying racks and in the equipment closet. Students must take home their own materials after each class. Please ensure that art supplies and equipment belonging to the DAM are put back in the appropriate locations. Sponges, paper towels, and cleaning solution are provided in the classroom for cleanup.

Classroom Access:

Students will have access to the classroom only during scheduled class hours. Please contact Mia DeBakker, Creative & Public Engagement Coordinator, if you need to arrange entrance to the Workshop outside of those hours – mdebakker@denverartmuseum.org.

QUESTIONS

Questions about class content, curriculum, materials, etc. can be directed to Mia DeBakker at mdebakker@denverartmuseum.org or Sarah Rockett at srockett@denverartmuseum.org.

For any questions concerning your registration, please reach out to our Sales & Service Team at info@denverartmuseum.org or (720) 913-0130.

Thank you for being part of Creative Classes at the DAM!