



## The Art of Joyful Quill Wiggling

**Instructor:**

Professor Quilliam Jolly

**Location:**

Stratford-upon-Avon

**Course Type:**

Mindfulness

**Cost:**

£75.00

### Learning Objectives

- Develop mindfulness through rhythmic quill movement
- Enhance hand-eye coordination with creative practice
- Understand the history of quill usage in joyful pursuits
- Learn techniques for creating unique quill designs
- Cultivate a playful approach to stress relief

### Provided Materials

- Assorted colourful quills
- Ink pots in various whimsical colours
- Paper with pre-drawn playful patterns
- Quill holders shaped like mythical creatures
- Instruction booklet titled 'Wiggle with Joy!'

## Skills Developed

Mindfulness

Creativity

Coordination

Stress Relief

History

## Course Description

Welcome to the enchanting world of 'The Art of Joyful Quill Wiggling', where adults can rediscover the pure delight of creativity through rhythmical quill movement. Led by the esteemed Professor Quilliam Jolly, this session is designed not only to tickle your fancy but to teach practical skills that will bring joy and calm into your daily life. Set in the picturesque town of Stratford-upon-Avon, participants will explore mindfulness by engaging in the rhythmic wiggle of vibrant quills across paper. The class begins with a brief history of quill usage, from medieval scribes to modern joyful pursuits. Students will then learn various techniques on how to create playful, swirling designs with their quills. Professor Jolly will guide you through exercises that enhance hand-eye coordination and allow you to express your creativity freely. You'll try your hand at crafting unique quill designs, each with its own story and meaning, perfect for adding a touch of whimsy to a journal or scrapbook. Materials include a selection of colourful quills, ink pots in dreamy hues, and papers adorned with pre-drawn playful patterns to practice upon. By the end of the class, you'll have crafted a collection of joyful quill art pieces and gained a valuable relaxation technique, leaving you with a refreshed spirit and a pocketful of smiles.

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