



SCHOOL OF  
DANDORI

## Bespoke Bubble Artistry and Meditative Pondering

Instructor:

Professor Effervescence

Location:

York

Course Type:

Mindfulness

Cost:

£65.00

### Learning Objectives

- Learn the art of creating intricate bubble sculptures and designs.
- Develop mindfulness through focused attention on bubble creation.
- Understand the science of bubble solutions and their properties.
- Practice deep breathing techniques while working with bubbles.
- Cultivate joy and presence in everyday activities.

### Provided Materials

- Bubble wands of various sizes
- Professional bubble solution
- Mindfulness meditation guide
- Colorful bubble dye
- Protective aprons

## Skills Developed

Mindfulness

Bubble Art

Creative Expression

Relaxation Techniques

Science Exploration

## Course Description

Join us in the heart of York for a session of creative tranquility and effervescent exploration with "Bespoke Bubble Artistry and Meditative Pondering." Led by the illustrious Professor Effervescence, this whimsical class invites adults to rediscover childlike wonder through the creation of elaborate bubble designs while incorporating soothing mindfulness techniques. Participants will begin with a brief introduction to the science of bubbles, learning how different solutions affect bubble size and durability. As you become familiar with your tools, including a range of bubble wands and professional-grade solutions, you'll explore how varying wand shapes can produce unique bubble forms. The heart of the class lies in the practice of mindful bubble-blowing, where you'll focus your attention on the breath and the delicate art of creating bubbles. As you breathe deeply, you'll learn to synchronize your breath with bubble creation, enhancing relaxation and presence. We'll also delve into bubble coloring, using dyes to craft vivid displays of floating art. This hands-on activity is designed to foster creativity and joy, leaving participants with a newfound appreciation for the simple pleasures of life. By the end of the session, you'll have crafted your own bubble masterpiece and experienced the calming effects of mindfulness, carrying these skills forward into daily life for continued joy and peace.